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HOMES & Gardens
GEM Homes & Gardens
Pages 19-22

# Paul doesn't let a triple bypass slow him down!

by PHILIP IRWIN

**WHEN local man Paul Smith decided to tackle a three-day bike ride to raise funds for the British Heart Foundation (BHF), he had no idea what lay in store.**

As he built up his fitness levels, he suddenly had chest pains – and within three weeks he was on the operating table, having a triple heart bypass.

That might have put the average person off, but Paul was back on his bike within three months, and went on to complete the ride!

Paul, who is Cowbridge born and bred and who now lives in St Mary Hill, told The GEM: "My father died in 2012, following a long battle with heart disease, so I decided to take on the challenge of the London to Paris cycle ride on behalf of the British Heart Foundation (BHF) in his memory.

"When I had the pains I was not convinced it was my heart. I was quite fit and thought it could be indigestion, but I went to A & E in the Princess of Wales Hospital anyway."

Doctors ruled out indigestion, and explained that it was a cardiac problem. Further tests followed, and within three weeks he had the surgery at Morriston Hospital.

"I received excellent care in Morriston Hospital and the doctors said I had made a full recovery."

CONTINUED ON PAGE 6

# Local church service is a right Royal knees-up to celebrate Her Majesty's record achievement!

*The parishoners raise a glass to the Queen!*

***PARISHIONERS from Pendoylan and Peterston-super-Ely celebrated the Queen becoming the longest-reigning monarch when Father Edwin conducted a short service in St Cadoc's Church, Pendoylan.***

***As well as reflecting on the Queen's reign, the last 60 years of life in Pendoylan was recalled and gave cause to consider all the changes that have happened since 1952.***

***The congregation enjoyed a glass of bubbly after the service, and a visiting band of bell ringers rang a peal on the church bells.***

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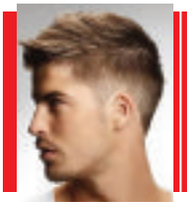

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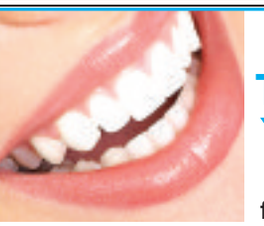

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# Readers' Letters

**Please keep your letters BRIEF and address them to: The Editor, at Glamorgan GEM Ltd, Graig House, 53 Eastgate, Cowbridge CF71 7EL or email gemeditorial@tindlenews.co.uk**

• ***LETTERS AND E-MAILS MUST INCLUDE FULL ADDRESS AND A CONTACT TELEPHONE NUMBER***

**IMPORTANT:** We reserve the right to edit all letters. We do NOT accept anonymous mail. An email address alone is not sufficient! We will (*in certain circumstances*) protect a writer's identity, if requested.

## 'MP Alun Cairns is accountable to the Vale residents and not its councillors'

**THIS is a very rare occasion when I write to thank Coun Shirley Hodges of Plaid for bringing to the notice of the public that Mr Alun Cairns MP is quite prepared to air his views on decisions made by his own political party.**

Mr Cairns has shown his strength in supporting people irrespective of their political views by going against his own party.

With regard to Weycock Cross, Shirley points out that the Tory councillors on the planning committee voted for the development. Once again, Shirley, thank you for bringing to public notice that he did not support their decision.

With regard to Dinas Powys, you say he supported the local transport plan for a by-pass when all the Tory councillors voted against it. So in fact, Shirley, he supported your own party in Dinas.

Let us be honest about it Shirley, when you say he told you that he has no control over councillors, it is true.

He is not elected by councillors. He was elected by residents throughout the Vale and it is to them that he is accountable.

I will close by saying to you, I belong to a true party of Wales, not your party of Wales which your leader states is a republican party. If I am wrong, I apologise.

**ET Williams, Barry.**

## Woeful infrastructure should be 'hot potato'

**IAN WALTON hit the nail on the head in his letter to The GEM last week ('Fun of cycling seems to be the cause of other users' inconvenience').**

Yes, there is a ready-made path on the opposite side of the A4050 to where the local authority is now creating a new cycling lane. With minimal modifications, the existing path could be adapted for pedestrians and cyclists at a fraction of the cost of the new works.

He is also accurate in describing road access into and out the Vale as totally inadequate.

It is almost as if the local authority is determined to force all the commuters to and from Barry to either get on their bikes or use our under-funded and parlous public transport system.

If the Vale Council wants to attract more business and tourists to our area, then investment must be made in our woeful transport infrastructure.

I am astonished that this topic is not a political hot potato.

It can now take 45 minutes to travel from the Docks Link Road near Lidl's to Culverhouse Cross during the morning rush hour, yet Neil Moore and company have not, to my knowledge, explained how this problem will be alleviated, especially with the thousands of new homes being built in the Barry and the Vale.

Yes, I'm sure Mr Walton would agree with me when I say that the lunatics have truly taken over the asylum.

**Derek Hooper (Focus Barry supporter), Barry.**


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## BIKES AND CARS SHOULD LIVE AND LET LIVE - Reader

**IN response to the current crop of letters about cycling in Barry and the rest of the Vale, I would like to say I agree with much of what has been written, but from a different viewpoint.**

As a cyclist, I also cannot see the sense in making a nice wide road narrower to accommodate a 'shared use path' (there are no dedicated cyclepaths in Barry that I am aware of).

Cyclists using main roads at busy times are mostly commuting to work or for other essential journeys that most people would use a car for.

On a shared path, a cyclist MUST ride slowly giving way to any pedestrians. The highway code states a cyclist wishing to ride quickly must rejoin the carriageway. Would anyone want to travel at half speed on their commute ?

The idea that cycling on shared paths is safer is also dubious. Most accidents involving cyclists being hit by vehicles occur at junctions. By riding the path, every minor side road you cross becomes a dangerous junction.

Pathways aren't swept so all the detritus thrown there by car tyres remains a hazard for months. Where all the broken glass comes from, I don't know. Pedestrians and dogwalkers have to be passed with great care, further slowing your progress.

In winter, paths aren't gritted.

Most cyclists I know would much prefer a nice, wide traffic lane where other vehicles can overtake us without problems. Port Road at Wenvoe was a perfect example of this until recently.

The section of shared path downhill from Barry Comprehensive School to Weycock Cross is shockingly dangerous, as the path cuts across several blind driveway entrances. It's an accident waiting to happen.

Motorists may perceive they are being inconvenienced by cyclists around town, but in reality rarely are. If I had a penny for every time someone aggressively overtakes me when it's obvious they need to stop at lights, traffic queue, etc just a short way further on, I could buy a new bike!

Just consider that every bike on the road increases your chance of finding a parking space, and makes the air you breathe just that little bit cleaner.

Live and let live is my motto. In this case, quite literally.

Best wishes to *all* road users.

**Graham Hodges, Barry.**

## Post Office saga to end in farce?

**DESPITE the cries of relief from various quarters, the sorry tale of the long-lost Cowbridge post office looks like ending in farce, with the siting of the new post office in the former convenience store very nearly at the top end of Eastgate – at least 0.2 of a kilometre from the town centre and the two car parks, with kerbside parking offering space for some six vehicles.**

What price the convenience of the disabled, elderly, business people, those for whom time is pressing, etc?

This essential facility must be at the centre of any town, and the Post Office is again showing the contempt in which it holds the populace of Cowbridge by placing it at the outermost extremity of the town.

During the time in which Cowbridge has been without a post office, at least half a dozen businesses have closed down. All of them could have provided suitable accommodation – in the past 12 months the off-licence next the Filco store, and within the last month Xantippe in the High Street, both a stone's throw from the Town Hall, and both already re-occupied by people sharper than the Post Office.

The cries of welcome should be a chorus of disapproval, determined to prevent this (second) mindless insult to the people of Cowbridge by a national agency.

**Anthony Morse, Peterston-super-Ely.**

## 'Wenvoe cycleway is not wanted by cyclists...'

**CYCLISTS haven't asked for the footpath and cycleway to Wenvoe from the Pencoedtre roundabout.**

We weren't consulted over this costly and environmentally-damaging project, but it's Welsh Government grant-funded, so they can claim spending on cycling, even though of minimal use. Novice cyclists use the footway, while experienced cyclists expect just white-line marking of an on-road cycleway for such a wide rural road.

The Vale Council has chosen an extravagant project, including moving the lamp standards and demolishing trees, which we normally dodge around. They tell us minimal disruption, yet two km of roadway were coned off for two weeks prior to any work, and the cones are not pulled back after work. Traffic queues behind me as I cycle on the narrowed roadway; cars dodging in and out worsens driving for all.

The project wrongly takes money from the 'active travel' fund, for walking and cycling routes in defined communities – including Barry, Cowbridge and Dinas Powys/Penarth.

The Vale Council is not meeting requirements to draw up active travel route networks and then make small-scale improvements. What's wrong with our Welsh Government, allowing them to instead squander funds on a pretty useless mega-project?

Councillors allow their officials to get away with an easy life, rather than do the detailed work on cycling projects that would make a difference.

A specific example: from Broad Street in Barry to Romilly Park, we need a contra-flow cycleway along Park Avenue. Vehicles can drive around the triangle, down to the Ship Hotel and up St Nicholas Road over the railway, but cyclists need a legal straight-on route to reach The Knap and suburb. So obvious, but officials have to be told!

**Max Wallis, Friends of the Earth, Barry & Vale.**

## Hooray for the new cycleway

**HOORAY for the decent footpath! I think it is a great idea.**

I'm a motorist, cyclist and a horse rider and I often use that road on my bike and the horse.

It is not just used for cyclists passing through, but it will be able to bring local communities together and accommodate families from Pencoedtre Lane and the top end of Barry out to enjoy the countryside on their bicycles, walking their dogs, etc, safely with their children.

I was born and brought up in Wenvoe and was fortunate to have played a lot in the woods.

There is still plenty of wildlife there to be enjoyed, along with watching the lambs playing in the fields and picnics.

I'm looking forward to taking my little grandson there on his bike when he is older.

We need more of these paths on busy roads like Port Road.

People clearly have nothing better to do than moan about the council and cyclists and then to rudely call us 'the ungrateful minority'. I suggest they do something good for their local community or, better still, leave their cars at home and go out more on their bikes and enjoy the countryside we have on our doorstep!

**Mrs Meriel Jones, Barry.**

## Council 'top' is laughable

**LAST week's headline was 'Vale Council tops the local authority table'. I don't believe it. Is it April 1 already?**

I have never heard of Data Unit Wales – can any one help? It is laughable.

**Name and address supplied.**

## New bins needed on Nell's Point

**PHIL BEAMAN is quoted thus on Friar's Point and Nell's Point: "Both headlands have the status of Sites of Specific Scientific Interest, and SSSI's are the most important sites for Wales' natural heritage. The installation of litter bins on these headlands would spoil the visual amenity and the natural heritage enjoyed by visitors to the island."**

Did he really say this? Did not the construction of houses on Nell's Point destroy the natural heritage?

Did the houses not spoil the visual amenity?

Am I suffering from headland hallucinations? Do I need to see a doctor?

Both headlands need more bins for the fishermen, dog walkers and general litter droppers. We pay enough council tax, you had your new chairs we want our new bins.

**Name and address supplied.**

### HIGH TIDE TIMES
**(UNTIL SEPTEMBER 24)**

***The high tides listed in this week's GEM are those in Porthcawl. It should be remembered that along the coast, high tide times will vary. For instance, in Barry, the high point will be 20 – 25 minutes later.***

| DATE | Time AM | Ht M | Time PM | Ht M |
|---|---|---|---|---|
| 17 Thur | 09.24 | 9.3 | 21.38 | 9.3 |
| 18 Fri | 09.53 | 9.1 | 22.09 | 9.0 |
| 19 Sat | 10.26 | 8.9 | 22.42 | 8.8 |
| 20 Sun | 11.03 | 8.6 | 23.22 | 8.3 |
| 21 Mon | 11.53 | 8.1 | | |
| 22 Tues | 00.21 | 7.9 | 13.03 | 7.8 |
| 23 Wed | 01.44 | 7.6 | 14.34 | 7.7 |
| 24 Thur | 03.17 | 7.8 | 15.57 | 8.3 |

***While The GEM makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should check with a tide table specific to their location.***


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# COWBRIDGE CUBS ENJOY THEIR ACTIVITY WEEKEND

*The Cowbridge Cubs enjoyed an adventure weekend in Ross-On-Wye recently where they took part in many activities – and were commended on their good behaviour!*

**THE Cowbridge Cubs went on an amazing weekend earlier this month to Ross-on-Wye, where they did kayaking, zip wire, climbing, abseiling and many other activities.**

A spokesperson said: "It was a wonderful experience – we were so pleased when the leaders at the PGL activity centre said how well behaved and polite all the Cubs were. We are hoping that we can go again next year.

"September 19 is the jumble sale from 10.30am to 12.30pm at the Scout Hall, cattle market site.

"We know it is early to talk about Christmas, but the Scout stamps will be available in the shops on November 1 at a cost of 25 pence, and the last date for posting is December 7."

# Big Screen's autumn season programme

**LAST year, over 1,000 people came to see our films. Why not join us for Big Screen's 12th season which starts soon!**

With the Town Hall's now established modern screen and projection system, we kick off with the usual array of great films.

First, next Thursday, September 24, sees a heart-warming, inspirational fairytale of a true story of a group of friends from a working men's club in Wales who decide to take on the elite 'sport of kings' and breed themselves a racehorse. With *Dark Horse* (Cert PG) there won't be a dry eye in the house!

The film on October 22 is *Woman in Gold* (Cert 12A) - Maria Altmann (the superb Helen Mirren) is an octogenarian Jewish refugee who takes on the Austrian government to recover artwork stolen by the Nazis that she believes (rightfully) to belong to her family.

Sherlock Holmes is not only Benedict Cumberbatch in middle age, he is Sir Ian McKellen in old age, the star of *Mr Holmes* (Cert PG). The story is set in 1947, with retired Holmes living with his housekeeper and her son.

He is haunted by an unsolved 30-year-old case he only remembers fragments of, involving an angry husband and his beautiful wife.

Our Christmas family film, to be shown on December 17, is the new Disney version of the classic tale of *Cinderella* (Cert PG) starring Lily James as Cinders, Helena Bonham Carter as the fairy godmother and Cate Blanchett as the horrid stepmother.

There will be further details in your GEM; meanwhile, find us on Twitter - @BigScreenVale.

*Tickets £4 in advance from the Town Clerk's Office in the Town Hall or on the door. All performances start at 7.30pm. Doors open at 7.10pm.*

**RB**

# Local talk on organ donation

**ON Friday, September 18, at 7pm for 7.30pm in the Maendy Room at United Free Church, 21 Westgate, Cowbridge, Dr Richard Hain, a local consultant in paediatric palliative medicine in Cardiff, will be giving a talk entitled 'Organ Donation: Can Consent Ever be Presumed?'**

Dr Hain is also chair of the Cardiff and Vale UHB Clinical Ethics Committee and was involved in sensitive discussions with the parents of a baby boy who lived for 100 minutes, deciding whether the baby's organ donation, proposed by the parents, was ethical.

One of the purposes of ethics in medicine (perhaps its main purpose) is to protect the vulnerable. The talk on Friday night will be thought-provoking and with a question and answer session to follow, those attending will have the opportunity to exchange their own views with a key expert.

*All are most welcome. Donations on the door, gratefully received, will be given to Noah's Ark Children's Hospital for Wales.*

# WI members enjoy the great outdoors

**THIS summer has been a busy time outside for Bontfaen WI members.**

The July social was held at Wendy Pearce's garden and the weather stayed fine.

The Denman Bursary was drawn and Diana Bluck was the lucky winner.

In August, we had our usual mystery trip, organised brilliantly by Sue and Jane. In the morning we had coffee at Symonds Yat, followed by a boat trip on the River Wye.

Lunch was in Monmouth and the afternoon was at Dewstowe, to walk around the hidden garden and grottos. A wonderful day full of variety.

In September, we had a walk in Llantwit Major from the town car park along the top down to the beach and an eventful walk back along the meadow for those not happy around horses. There were some friendly ones!

A meal followed at The Swan, again all organised by Sue and Jane.

*This month's talk on September 17 at 8pm is aptly named 'See You in September'.*

*Visitors are welcome.*

**MP**

# The National Botanical Garden of Wales: a history, a tour and advice!

**U3A Cowbridge welcomed Desmond Woods, a member of U3A Cardiff, who presented a talk on the National Botanical Garden of Wales, which is set in historic parkland dating back over 400 years.**

The neo-classical mansion, Middleton Hall, built from 1793 to 1795 by William Paxton to replace the 1600s structure of Henry Middleton, was gutted by fire in 1931.

All that remains is the impressive stable block, with its two large coach houses, stabling for carriage and riding horses, hay lofts and rooms for coachmen and stable boys.

This now houses the restaurant, the shop and an art gallery.

The lakes of the Regency garden are still a feature of the site and there is a pear tree, still fruiting, which dates back to Paxton's time.

Carmarthenshire County Council bought the estate in the 1930s and divided it into farming starter units for lease.

In 1978, a scheme was set up to restore some parts of the park for public access.

In the mid-1980s, painter William Wilkins conceived the idea of a National Botanic Garden of Wales.

With a great deal of enthusiasm and effort, he succeeded in getting the idea implemented before leaving to restore Aberglasney (another success story).

The Botanical Garden now covers 568 acres of countryside and includes a nature reserve as well as a formal garden, with Lord Foster's Great Greenhouse and its magnificent roof as the centrepiece.

Many sculptures are displayed throughout the grounds, including '33,798', an inverted cone of glass sheets with cascades of running water depicting the number of plant species threatened with extinction in 2000, and the Lepidodendron tree.

Three hundred and ten million years ago, these trees covered large parts of the tropical swamp that was south Wales and their dead remains helped to form the coalfields.

Mr Woods claimed to be a photographer rather than a gardener, and this was shown in many of his shots of stunning, colourful flowers, trees and scenery. The policy is to have colour in the garden all year round, so a visit in any season is memorable.

Copies of 'Yr Ardd' (the magazine of the Botanic Garden) were distributed by Mr Woods, and he had also brought membership applications, along with 'two for one' entry vouchers.

There was even some gardening advice for the gentlemen present in the audience: "Never have a garden larger than your wife can cope with". Sound counsel, to my mind!

The next meeting sees a talk entitled 'Solving crime by the skin of your teeth', by forensic dentist Prof David Whittaker, at 2pm on Wednesday, October 14 in Cowbridge Town Hall. Visitors welcome (there is a small fee, which includes refreshments).

**SPM**

# MACMILLAN IN PONTYCLUN

**FRIDAY, September 25 will mark the silver anniversary of the Macmillan Big Coffee Morning.**

It is the Pontyclun and District fundraising group's third coffee morning, and takes place at the Pontyclun Athletic Club.

It begins at 10am and finishes at 2.30pm.

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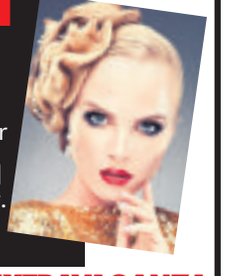

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# Cowbridge 150 years ago... *THE DAY THAT THE TRAIN CAME TO TOWN!*

***Local historian Brian Keitch looks at the history of rail travel in the Vale, 150 years after a rail station opened in Cowbridge.***

**TODAY, there is hardly a trace of the Cowbridge Railway left to be found.**

Yet when the first passenger train left Cowbridge for Llantrisant (now Pontyclun) station on September 18 1865, the 'local line' was on course to serve the town for almost exactly 100 years!

Goods traffic actually commenced on January 30 earlier in the same year, but the Board of Trade decided that the standard of construction was potentially dangerous to passengers! Hence the delay.

Charles Frederick Cliffe, in his book of south Wales, said in 1847: "Cowbridge is an old-fashioned town, consisting of one long street which is likely to bear a crop of grass as soon as the South Wales Railway is in operation."

The South Wales Railway (later the Great Western) had toyed with the idea of building the tracks through Cowbridge from London to Swansea and west Wales. Up until the railway (through Pontyclun) opened in 1850, Cowbridge was on the main mail coach run from Swansea to London. The *St David* ran from Cardiff to London in one day!

David Jones of Llanbleddian takes up the story: 'On the fall of the coaching system (just three weeks after the first train) people predicted that the town would soon sink into a mere village and were not slow in saying that such a fate was a fit punishment upon the inhabitants for opposing the railways coming near the town.

'"Don't let it come near us!" was their cry when the GWR was an embryonic scheme and bitterly they have since had to repent their selfish short-sightedness'.

For years afterwards, Mr Jones continued, 'Trade in the town had been exceedingly dull'.

However, thanks to a few local people, in particular the Rev Edmondes, a fresh look was taken at the idea. The main change in thinking was that the Cowbridge railway was not to go to Cardiff or Bridgend, but to Pontypridd – hub of the coal mining boom in Dyffryn Taf.

Passengers who wanted to go to Cardiff or west had some really bad connections at Llantrisant station – with sometimes an hour's wait to change trains!

Local bus services did not arrive until the 1920s – which pretty well sealed the fate of the railway. But let's not rush.

The opening of the Cowbridge line was just one of a rash of railway plans – including a line to Llantwit Major, another line to Ewenny and yet another to Llanbedr y fro (Peterston super Ely).

None of these materialised (though Llantwit was to get its rail services courtesy of the Vale of Glamorgan Railway). But one did – the Aberthaw branch.

Why? The Barry Railway had arrived and built the largest docks and railway schemes in the world, masterminded by David Davis of Llandinam (and owner of the Ocean collieries in the Rhondda, among others).

The Taff Vale Railway (TVR) made its mega profits through Cardiff and Penarth Docks. Barry was a rude awakening. To stop the Barry Railway building Dock Number Two, the TVR tried to build a railway over the proposed site, via Lavernock and Sully.

Parliament refused and the line eventually joined the Barry line to Dinas Powys and Cogan, but Taff Vale trains could go no further than Cadoxton. When rumours went about of the Barry Railway building a dock at Aberddawan (Aberthaw) a new station was built at Cowbridge and it was 'heavily built' (the track could be doubled if necessary) as far as the seaside.

The dock at the 'port of the Vale of Glamorgan' was never built and the TVR could only rely on a bit of agricultural goods, the Aberthaw Lime Pebble Works and a handful of passengers.

Now here is a list of towns and villages on the railway map of 1910 or so: Pontyclun, Llanhari, Ystradown, Trehyngyll and Maendy, Aberthin, Cowbridge, St Hilary, St Mary Church Road, Llanbethery, St Athan Road, Aberthaw (high and low level), Rhoose, Gileston, Boverton (St Athan), Llantwit Major, Sigginstone came later as Llandow (Wick Road), Llandow, Southerndown Road, Llanharan, Pencoed, Peterston, St Fagan's, Wenvoe and even a short-lived halt at St y Nyll! Apologies if I've left any out.

The railway to Aberthaw was not a success! At its peak there were six trains a day. Cowbridge fared better with nine trains.

With passenger trains from Aberthaw rarely getting into double figures, it was perhaps not surprising that the GWR, who ran the line after grouping of the railways in 1922, suspended services in May 1926, though the passenger trains were restored (for some reason) in July 1927 – with just three trains a day.

Aberthaw Lime Pebble works closed in 1926, leaving the line with little freight. Bus services took off in 1926. Most stations on the Aberthaw branch were a mile or so from the places they were supposed to serve.

The final day of the Aberthaw branch for passengers was Monday, May 5 1930, though there was a final excursion from Cowbridge to Barry for local Sunday schools, organised by Mr Billy Lewis, the station master at St Mary Church Road, requiring a change of trains at Aberthaw.

What was left of freight on the line was abandoned in 1932. However, the Cowbridge railway struggled on regardless – until the last passenger train left for Llantrisant on November 26, 1951. But there was still a daily freight train (plus an occasional special excursion for railway enthusiasts) until Monday, February 1 1965 – having just reached its 100th birthday.

The competition from bus services (ironically after the end of the mail coach years before) can best be put in numbers – in 1923, 66,000 passengers purchased tickets from Cowbridge railway station. In 1932 that total had dropped to a mere 6,000.

Just to complete the story, a quarry at New Beaupre kept a bit of the Aberthaw branch going until 1947, while goods traffic to Llanharry Iron Ore mine finally ended at the end of 1975 – though this last 'stub' of the Cowbridge Railway was not officially closed until June 10, 1977.

Finally, there are two excellent books which offer much light on the whole story – especially the book by Colin Chapman – *The Cowbridge Railway,* and John Hutton's *Taff Vale Miscellany*.

*I hope this piece will be of interest to readers of The GEM about a bygone age. Unless, of course you are from Rhoose or Llantwit Major where once again you can travel through the Fro by train!*


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## *Big spenders must be heading for Cowbridge!*

**I READ that the proposal to build 475 houses on Darren Farm will generate £9.8 million into the local economy.**

My arithmetic tells me that £9.8 million divided by 475 = £20,631.57.

Divide this by 52 and this amounts to £396.76 per household per week.

Where on earth do they get these figures from? There must be a lot of big spenders coming to Cowbridge.

**Lyn Howells, Coychurch.**

## FOLK AND BLUES AT PONTYCLUN

***FOLK and blues singer, Sunjay, will be playing on Wednesday, September 30, at Pontyclun Institute Athletic Club, Llantrisant Folk Club; Caston Road, Pontyclun CF72 9EH, at 8pm.***

*For more information contact Pat Smith on 01443 226892; or box office www.folkwales.org.uk.*

# 'Operation Spruce Up' (and a visit from Claire) at St Nicholas school

*Class 3 litter pickers.*

**MRS EMMA HARRIS, St Nicholas Primary's new headteacher, has made an immediate positive impact on the school, setting in motion a school-wide 'Clean-up' project to improve the school environment.**

This involved every child, on a rotation basis, either weeding, planting, litter picking or painting.

Staff and children worked as a well-oiled machine and the results are most definitely noticeable.

As a result, the school will become a more appealing place for the children and visitors.

Seeing the children working collaboratively and showing a pride in their school environment was amazing. This is just the start of many more exciting projects and initiatives.

Mrs Wallis, our energetic LSA, stated: "A good time was had by all – the children painted everything, including themselves and everywhere looks fantastic. A fabulous job by all."

**JASON DOWNEY RECENTLY, the St Nicholas C/W Primary 'Nicky News' team were extremely lucky to have BBC Wales news reporter Claire Summers come along to their after school club, to discuss and share with them her experience of working as a journalist and news reporter.**

The Nicky News team, who write, produce and publish the Nicky News every half term, had the opportunity to show their work to Claire and to ask her for her advice.

Claire was very impressed with their work and they gave her a 'grilling' about why and how she became a journalist and asked her what it was like working at the BBC.

To the delight of the team she shared some tips and suggestions as to how to make themselves better journalists as well as some secrets about what it is like working with Derek the weather man!

The team said that they would never forget Claire's visit and have since sent her a copy of the latest Nicky News.

**JUDITH MORRIS**

*Claire Summers with Nate, Madeline, Summer, Lucy and Georgia.*

*Violet, Tianna and Teaghan doing some weeding.*

*Grace and Violet about to transform the school reading garden.*

## Fundraising for Cancer Research UK...

# Local MP says 'Let's make Cowbridge On The Run a special day'

**by GEM REPORTER**

**LOCAL MP Alun Cairns has signed up for the Cowbridge On The Run event for Cancer Research UK which is being held on Sunday, October 11.**

The run was last held in 2013, and Mr Cairns was keen to meet up with organiser Anne Birt to hear more about the plans for the event next month.

He told The GEM: "I am delighted to see the return of a bigger and better 5km and 10km runs in aid of Cancer Research.

"Anne has done a wonderful job in bringing all this together, and I encourage as many people as possible to take part in the new route and raise money for a fantastic charity.

"The weather was great a couple of years ago, and it will be a great day out for all the family."

*Alun Cairns, the Vale's MP, with 'Cowbridge On The Run' organiser Anne Birt.*

Anne explained: "Last year I didn't organise a run, but we are hoping to make the event bigger and better than ever this October. I am hoping for between 150 and 200 entrants – walkers are welcome too."

This year there's going to be entertainment and fun provided as well as the fundraising run.

Anne said: "On the rugby club site there will be stalls and entertainment for the whole family to enjoy – a bouncy castle, face painting, 'splat-the-rat' and also Belgian waffles, pizzas and a lot more.

"The event is on Sunday, October 11, with registration at 9am. The 5km and 10km runs will begin at 10am."

Teams (whether from businesses, local organisations or sports clubs) and individuals are both welcome.

Registration online is £10; on the day it will be £15. Sponsorship forms can be downloaded at: *www.cancerresearchuk.org/support-us/find-an-event/Cowbridge-on-the-run-2015*.

In 2011-12 Cancer Research UK provided £332million of funding to hospitals and universities. For more information, go to *www.cruk.org*.

# Autumn exhibition by Wick artists

*The Mayor, David Morris, with the artists (left to right), Mary Traynor, Tony Fraser, Liz Dimond and Carrol Swaine.*

**THE autumn exhibition by the Wick group of artists is at the Old Hall, Cowbridge Community College until September 24, open 10am-4pm weekdays.**

It is a varied exhibition of paintings in different media.

Cowbridge with Llanblethian Mayor David Morris attended the launch event.

*For further information, call 07941 203939.*

# Singing in choir can give you the feel-good factor!

**SOUTHERNDOWN WI welcomed three potential new members to the meeting in September, although the extended holiday period resulted in a number of existing members being unable to attend.**

Our president, Michele, updated everyone on the forthcoming events and invited people to register their interest in attending our Christmas lunch, which will be held on December 4.

Draft copies of the programme for the year were available for people to peruse, as were a selection of programmes taken from our archive.

Our speaker for the evening was then introduced – it was Sophie Fletcher who works with Tenovus Cancer Care and has also been involved in researching the beneficial effects of singing.

The talk was fascinating and explained how there are numerous accounts of people experiencing an improved 'feel good' factor as a result of belonging to a choir or singing group.

The fascination increased, however, when she explained that the research in which she has been involved has identified detailed physiological effects, such as significant increases in beneficial hormones, following a one-hour singing session.

Needless to say, we were all keen to experience some of these benefits and Sophie led us in a short, fun singing session – we may not all have been in tune, but there was definitely a good feeling at the end of it!

This month's coffee morning is being held in Joan's house in Southerndown today (Thursday, September 17) from 10.30am – everyone is welcome.

*The next meeting of the WI will be held on Thursday, October 8 at 7.15pm in St Brides Major Church Hall. Why not come along and join us for the evening?*

# AM's surgery over NatWest closure

**VALE AM Jane Hutt will be holding a surgery at Llantwit Major Heritage Centre, Town Hall on Friday, September 18 from 4pm to 6pm, and is encouraging local residents who are concerned about the closure of NatWest to attend.**

She said: "It isn't acceptable to simply tell Llantwit Major customers they can go to Cowbridge to do their banking."

Jane, together with Vale councillor Gwyn John, is encouraging local residents to attend the surgery to let her know what they think. She also plans to write to Business Secretary Sajid Javid to make her point.

She added: "The more objections we can raise the more notice NatWest will have to take of us. The bank is obliged to produce an impact statement two months after announcing its intention to close a branch. This is our opportunity to ensure that rural areas do not lose out to urban areas. Please come and let me know what you think."

# SEND A COW TO A CHARITY!

**THIS can be done, and Helen Williams told us how.**

## LLANBLETHIAN WI NEWS

You take one African lean cow, producing very little milk but suited to the African climate, and cross it with a Holstein cow – much fatter and capable of producing twice as much milk – and you have a much improved animal.

This event now takes place by artificial insemination, so there is no need to transport a cow to Africa these days.

This charity was set up in 1984 when Uganda was decimated and the people were starving; it has been so successful it has spread to Rwanda, Kenya, Lesotho and Ethiopia so they are very much doing something right.

A family are chosen to receive a cow two years before they receive it, they then have to lay a concrete base and make a thatched shelter for one cow and one calf while securing an area for them to live in.

They then attend a course on how to care for and feed the animal, but also to use its waste product, which is important, as the manure improves their vegetable patch and serves as fuel for cooking, while the cow's urine makes a good pesticide.

They are then ready to receive their cow which will be in calf.

When the calf is delivered, it is allowed to remain with its mother for eight months; it will then be inseminated and passed on to the next person on the list and so the chain moves on.

This charity not only assists with cows, it is possible to donate money to purchase donkeys, beehives, chickens, goats – even packets of seed.

Helen Williams is humorous and full of fun, and we had a great evening role-playing the events of receiving a cow, while remembering the reason and need to help our brothers in Africa.

There is a website if you would like to know more: *www.sendacow.org.uk/donate*.

I will leave you with this thought: why has a milking stool only got three legs? Because the cow has the udder.

**VG**

# TAKING THE FALL

**A racing thriller, Taking The Fall by the legendary National Hunt jockey AP McCoy, is about Duncan Claymore a jockey who has got talent and ambition to be one of the country's best.**

But he has his demons. He owes his career to his father, Charlie a former trainer who has taught him everything he knows; but Charlie was destroyed by a series of bitter rivalries, and hasn't been able to set foot on a racecourse in years.

Now, Duncan is desperate to beat the best and take down the men responsible for his father's ruin.

Can he do both, or must he choose between his family and his future? Taking The Fall is published by Orion at £7.99.

## THE VALE OF GLAMORGAN COUNCIL

### (COLWINSTON PUBLIC FOOTPATH No 13 (PART)) (TEMPORARY CLOSURE) ORDER 2015

The Vale of Glamorgan Council in exercise of its powers under Section 14 of the Road Traffic Regulation Act 1984 (as amended), and of all other enabling powers intends in not less than seven days from the date of this Notice to make an Order the general effect of which is as described in the schedules below: -

**SCHEDULE 1**

1. No person shall proceed on foot in the locations specified in Schedule 2 below.

**SCHEDULE 2**

| | |
|---|---|
| **Location** | Footpath (Public Rights of Way) known as Colwinston Number 13 from grid ref 294190 175799 in a southerly direction to grid 294304 175521. |
| **Alt. Route** | During this closure, a diversion along a temporary footway will be provided to the outside (eastern side) of the construction compound. |
| **Reason** | To prevent danger to pedestrians while construction work is carried out. |
| **Duration** | From 00.01Hrs on Monday 28th September 2015 for a maximum period of six months. |

***Dated this 17th day of September 2015***

M. E. Punter,
Head of Visible Services & Housing,
Vale of Glamorgan Council,
The Alps, Wenvoe. CF5 6AA.

# Street collection proves successful

**A STREET collection in Cowbridge High Street last Friday (September 11) raised £328.26 to support the work of the charity Bloodwise.**

Bloodwise (*bloodwise.org.uk/*) continues and expands on the initial work of Leukaemia Lymphoma Research with investment in world-class research, thought leadership and patient support – we believe the writing is on the wall for all 137 blood cancers.

Thank you.

**Edward Cooper, Corntown.**

## Scout jumble

***COWBRIDGE Scout Group jumble sale will take place on Saturday, September 19 at the Scout Hall (cattle market site) between 10.30am and 12.30pm.***

*Clothes, bric-a-brac, toys, books – and the odd antique! Something for everyone.*

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# LLANTWIT MAJOR ROAD RACE RESULTS

**FOLLOWING the first Annual Llantwit Major 10k, 5k and 1k races on Saturday, August 29, organisers are delighted to confirm the results of the various categories:**

1k Race: first, Ben Macey; second, Rian Thomas; third, Catrin Lewis.

5k Race: first, Richard Rees; second, Lloyd Sheppard; third, Alex Jackson.

10k Men's run: first, Oscar Partridge; second, Oliver Williams; third, Gareth Coady.

10k Women's run: first, Clare Phillips; second, Liz Davies; third, Emma Rees.

10k Veteran Men: first, Gary Blesson; second, Morris Attard; third, Rob Scott.

10k Veteran Women: First, Sharon Leech; second, Sarah Dodd; third, Vanessa Turnbull.

10k Team Run: First, Barry and Vale Harriers; second, Caerphilly Runners; third, Richard Rees.

A second annual 10k run programme is already being planned. The date for your diary is August 27, 2016. So put your running shoes on and get into training. We want next year's event to be even bigger and better.

**Llantwit Major 10k committee.**

**Photographs of the event were supplied by Gareth Lewis, Cled Lewis and Mark Howles.**

# PAUL TAKES ON A THREE-DAY BIKE RIDE TO HELP THE BHF!

*Paul Smith celebrates arriving in Paris.*

**CONTINUED FROM PAGE 1**

Paul continued: "I questioned them on that, and asked if I could resume training for the ride, and they said yes – after a three-month recuperation period."

So Paul's partner Jane Goodfellow bought him a new road bike to spur him on and as soon as the three months were up he was back in training.

Jane said: "The focus of the cycle ride was a great help in encouraging Paul to get back to full fitness.

"I am hugely proud of his achievement and determination and it's great to be able to help other heart patients when you have received such excellent care yourself."

Over the past few months Paul has been cycling around the Vale with the Bush Inn cycle team, who have been very welcoming and supportive.

He has also been a regular at the spin classes in Cowbridge Leisure Centre, particularly during the winter months.

"It has been great to have the support of friends and family throughout my recovery and training," said Paul.

"I was nervous before the ride but am pleased to say that the camaraderie of all my fellow cyclists helped me to keep going.

"We covered 70 miles on the first day, 82 on the second and 90 on the final day. Whoever told me France was flat was fibbing, there were some gruelling hill climbs!"

*Paul has raised close to £1,000 so far but would like to increase this if possible. If you would like to help this great cause you can still donate at www.justgiving.com/Paul-Smith179*

# Summer confirmation in Llandow!

*Archbishop Barry came to confirm new members of the Church in Holy Trinity, Llandow, and it was a happy and inspiring occasion. Julie Button was presented by her husband, Paul, and families gathered round each of the others to rejoice as their children chose to live a life of love and service. They were David and Morgan Harris, Niamh Hill, Olly Piper, Emily Reynolds, Katie Williams, William Steggall, and Maddie Harris who joined us from Dinas Powys.*

# 'NEW HOMES COULD BE THE LIFEBLOOD FOR COWBRIDGE'

**I READ with interest your story 'Darren Farm – More open space and more homes!' last week.**

In fact I read it several times over. Try as I might, I really don't think this is the doomsday scenario that some people (including, it would appear, your headline writer with that exclamation mark) are making it out to be. In fact quite the opposite.

Yes, there has to be some kind of a limit on development. But to me 475 homes still appears entirely acceptable if Cowbridge is to have the 'new blood' that will sustain it as a town over the years to come.

Look at what has happened over the past few decades in St Athan, once a thriving place to live and where I grew up. The local services and amenities there have been gradually stripped away to the point where it is virtually unrecognisable from the town that it was in the 1980s.

I can see that happening to Cowbridge as well if it fails to move with the times – a lack of opportunities and affordable housing means fewer younger people in the community; fewer younger people means an ageing population, an ageing population means less people using the shops and facilities, less people using the shops and facilities means the collapse of the local economy.

And so on, until Cowbridge – much like St Athan – becomes a ghost town.

I don't want to see that happen, and so I understand that change has to occur. Of course I don't want our beautiful countryside to be concreted over, but this plan appears to be carefully thought through and would surely complement the town, not desecrate it.

Communities have to evolve in some way or they risk dying. This seems to me to be an opportunity for Cowbridge to evolve in the right way. We're not talking about thousands of houses like in some other communities across the UK, but 475.

It might sound a lot, but it's not – not when you consider those 475 houses could well represent the future lifeblood of Cowbridge.

**Mrs Lewis, Cardiff.**

***GEM note: The exclamation point in the headline was there to point out the apparent contradiction in 'more open space and more homes' – not to suggest an opinion. Here at The GEM, our punctuation marks try at all times to be neutral!***

# Calls for urgent action following Llandow fire

**FOLLOWING the fire at the Siteserv Waste Facility in Llandow on August 30, Vale AM Jane Hutt has called for urgent action and a full investigation.**

Ms Hutt said: "Having visited Llandow Caravan Park recently, to respond to concerns about the adverse impact of the adjacent waste treatment facility, I was shocked to hear about a third fire from the Llandow Industrial Estate.

"It has had a devastating impact on the caravan park and the wider community, as far as Llantwit Major.

"I called the Natural Resources Wales (NRW) chiefs to the park with Coun Gwyn John to meet the owners, Mr and Mrs Evans, and discuss action. NRW agreed to a full investigation of the cause of the fire, reporting back to a multi-agency meeting in October including NRW, the Vale Council, fire service and Public Health Wales. Action must be taken to prevent this from ever happening again."

# Local family's 'thank you' to Noah's Ark

*RIGHT: Hannah Coombes at the Cardiff Bay family walk.*

**by PHILIP IRWIN**

**A LLANTWIT MAJOR couple have thanked the Noah's Ark Children's Hospital for saving their daughter's life – twice.**

Hannah Coombes is now 13, and has needed to visit the hospital on a regular basis over the years.

However, on two occasions she has had to be taken into intensive care while doctors and nurses fought to save her life.

As a 'thank you', her parents, Peter and Cheryl, took Hannah with them when they walked the recent family fun walk around Cardiff Bay – and they raised more than £800 for Noah's Ark in the process!

It was a real family effort, as Hannah's aunties, Delyth and Zoe, did the walk too.

Peter Coombes said: "We wanted to do this walk, and to raise money for the Noah's Ark Children's Hospital appeal, because, on two occasions the hospital has saved Hannah's life.

"We just wanted to give something back to say thank you.

"Hannah is a happy 13-year-old special little girl, who has overcome many obstacles in her short life, and is still dealing with many on a daily basis.

"She has been looked after many times in the hospital but we especially remember those two occasions when her life was in danger."

Hannah added: "Many thanks to family and friends who helped us raise in excess of £800 for the Noah's Ark Children's hospital appeal at the Cardiff Bay walk on September 13.

"Also, a special mention to Carol and Andy of Symposium Print Limited, for donating the lovely banner."

# All-party support for cricket club plans at Southerndown

*Left to right: Robert Hopkin, Peter Simon, Alun Cairns, Jill James, Emrys Davies.*

*Jane Hutt AM with Coun Jill James, Carys Stallard and Gerwyn Davies from Bridgend's Great Western Cricket Club.*

**ON September 12, Vale AM Jane Hutt and Vale MP Alun Cairns joined supporters at a fundraising event on the Southerndown cricket field with games, food, raffle and music.**

Southerndown Cricket and Social Club has been offered a new lease on the cricket ground and is fundraising for this amenity which will benefit St Bride's and Ogmore-by-Sea, cricketers and non-cricketers alike.

Jane Hutt promised to support the community initiative involving the Bridgend Great Western cricket team, who will play on the field once it is reinstated with a new lease from the Dunraven Estate.

The fundraising also aims to refurbish the existing clubhouse.

Alun Cairns said: "It was fantastic to join so many residents from Southerndown and the surrounding villages. The cricket pitch is a fantastic facility, and raising over £1,000 pounds is a great start to the fundraising campaign."

# News in brief

## Brain Tumour Research coffee

**A CAKE and coffee morning in memory of Hugh Walker on Saturday, September 19 in Llantonian Hall, Llantwit Major. Admission £3, cake stalls and raffle, all proceeds to Brain Tumour Research.**

## Tax Help for Older People

**VISIT the Ageing Well group at the Llantonian Hall in Llantwit Major on Monday, September 21 between 10am and 11am for advice on personal tax issues, information on allowances, savings, codes or other assistance with HMRC.**

Open to anyone over 60; no need to book, further information from Jane Platts on 01446 795631, email Jane.platts@ageconnects cardiff.org.uk.

## Cowbridge Gardening Club

**NEXT meeting of the Cowbridge Gardening Club is on Thursday, September 24 at 7.30pm in the Lesser Hall, Cowbridge Town Hall.**

The speaker will be Professor Ralph Martin on *Cacti And Succulents*. New members welcome.

# Students offer free classes to seniors

**STUDENTS at UWC Atlantic College are offering free computer classes for seniors.**

A spokeswoman said: "We are offering one-to-one tuition to seniors who are interested in learning computer skills, including sending emails, creating word documents, surfing the net, online shopping, keeping up with your grandchildren… and anything else."

The classes take place on Wednesday, 2.15pm-3.30pm, from September 30 at UWC Atlantic College, St Donat's Castle, Llantwit Major, CF61 1WF.

*To find out more, telephone Christine on 01446 799076.*

# ‘Loved, adored, a rebel,a gentleman’ – Farewell to Bryn of The Damned

by TIM CHAPMAN

**BRYN MERRICK, who was born in Barry and became the bass player with legendary punk band *The Damned*, died at Llandough Hospital on Saturday, September 12, following a battle against cancer.**

Bass player Bryn (56) became a member of *The Damned* in 1983, but made his name with a local Welsh punk band called *Victimize*.

Bryn’s close friend Andy Johnson announced the sad news of his death on Facebook on Saturday and earlier this week spoke to The Glamorgan GEM of his fond memories of Bryn.

“On behalf of his daughter, Ella, and his sons, Richard and Christian, it is with so much sadness that I announce that my best friend, Bryn Merrick, passed away, peacefully, this morning, after a long battle with cancer at Llandough Hospital near Cardiff.

“He was loved and adored by everyone who met him. He was a true rebel and lived life in the fast lane.

“If you made friends with him, it was for life. He hadn’t a bad bone in his body.

“Everyone who knew him, knew of his crazy character and there will be plenty of stories to tell in the coming weeks and months.

“But, when all is said and done, he was just a ‘great bloke’! He adored his daughter, Ella, who he kept in touch with despite the thousands of miles between them, and I know Ella truly thought of him as her hero, which he was!

“He recently spent time with Richard, his son, which will have given him great comfort and peace.

“As for me, there will be a massive hole in my life. I’ve known Bryn since I was 10 years old and we’ve laughed, argued, fought, got drunk, got stoned, made music and done many crazy things together but always remained true friends.

“On behalf of Ella, Richard and Christian and all those close to Bryn I would like to say goodnight, God bless to a true gentleman. Rest in peace.”

Andy explained that he first met a young Bryn in an unusual way.

“He gate-crashed my 10th birthday party! He’d brought me a plastic sports car so he was forgiven instantly.”

The two lads became firm friends.

“Bryn was a year older than me. He lived with his parents on Barry Road, but joined us playing up on the Buttrills Estate.

“Musically, he liked Bowie and I liked *Slade*, but we both got into *Hawkwind*, *Led Zeppelin*, *Deep Purple* and *Black Sabbath*.

“He bought a ‘violin bass’ off my brother Tony and I bought a jumbo acoustic guitar. We used to play in the bedroom and out in the garden.”

Their introduction to punk came courtesy of a friend, Steve Alexander, who had been tuning in to John Peel and told them “Listen to this!” It was ‘Hanging Around’ by *The Stranglers*.

Along with Andy James on vocals and Mike Rudman on drums, Bryn and Andy formed *Victimize*.

*Bryn in action with The Shamones. (Image courtesy of Andy Johnson)*

Bryn joined *The Damned* in 1983 and was part of the band’s most successful album ‘Phantasmagoria’ released in 1985. He also played with the *Phantom Chords*.

Andy recalled: “He returned to live in Cardiff with his wife and daughter in around 1991. We met up and founded *Bug* – writing our own stuff, lots of his ideas came to the fore. We went on to do local and national gigs.”

For a while, quite naturally, family life took precedence in their lives, but fate had another surprise in store.

“In 2010, we had a chance meeting at Barry Island. I said: ‘Hey, you need to play again’.”

And they did!

They had always loved the New York punk band *The Ramones* and formed a tribute band *The Shamones* along with Andy’s brother Dave on drums.

“We played at festivals across the country for five years. A lot of Damned fans would come along to see us. People would turn up with albums for Bryn to sign.”

Andy is thankful that he was able to visit Bryn for a final time. “I was lucky enough to see him. It is devastating.”

He said his thoughts were with Ella, Richard, Christian and the rest of Bryn’s family.

# Red tape and tourism on the agenda at Rural Vale Forum

**RED tape and tourism were two of many topics discussed at the Rural Vale Forum hosted by South Wales Central AM Andrew RT Davies on Monday, September 7.**

The event was held at the Cross Inn, Cowbridge and a number of local farmers attended to discuss the issues facing rural communities. Among those present were Gwyn Thomas, Johnny Homfray, Sharon Evans, Glyn Jones, Abi Reader and Phil Thomas.

Many emphasised the need for farms to diversify, but that regulations often create huge obstacles to this. The consensus was that deregulation was necessary to reduce red tape and remove burdens for the industry.

Tourism was another key issue considered.

All agreed with Andrew’s suggestion of increasing the number of brown tourism signs to advertise attractions on the M4 and A48.

Mr Davies said: “It was a pleasure to host the Rural Vale Forum and listen to the concerns and ideas local farmers have.

“Farms always need to move with the times, and diversification is important, especially in this climate. Red tape currently creates huge burdens, and we should look to remove obstacles.

“The event would not have been possible without the help of landlord Arthur O’Leary and manageress Jenine of the Cross Inn, and I would like to thank them for allowing us to use the pub.”

# PACT meetings

**PETERSTON SUPER ELY** – Meet your local officer at Peterston Super Ely Community Hall on Tuesday, September 22 between 2pm and 3pm.

**ST BRIDES MAJOR** – Meet your local officer at St Brides Major School, Heol Yr Ysgol, on Tuesday, September 29 between 3.45pm and 4.45pm.

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*Smaller independent schools. Source: Daily Telegraph, 17th-22nd August 2015

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Monday 28th September
from 7pm

JUNIOR SCHOOL OPEN DAY
Thursday 1st October
from 3pm

Westbourne School @WestbourneS

To register for our open evening/day contact us on:
02920 705 705 admissions@westbourneschool.com

# Cowbridge chemist is nominated for national awards

**COWBRIDGE chemist Sylvia Williams has made the finals of the British Pharmacy Awards in London on September 23.**

The family-run business has been part of Cowbridge for 40 years, and Sylvia's daughter, Kate, now runs the business.

The judge, Richard Brown said he was particularly impressed with the shop's extensive new health food section and the level of customer service.

Kate Thomas said: "He put us forward as finalist in three of the award categories, the 'Innovation Award', the 'Natural Healthcare Pharmacy Award' and the 'Health and Beauty Pharmacy Award'.

"We are very excited to be finalists in such prestigious awards.

"It is a difficult time for many High Streets in the UK, and several shops have closed in Cowbridge recently. The situation may well be exacerbated if the council introduces car parking charges.

"We would like to thank all our customers for supporting us and would appeal to them to keep supporting local independent family businesses, so Cowbridge can retain its individuality."

SYLVIA WILLIAMS CHEMIST
New Health Food & Vitamin Department
Optima Virgin Coconut Oil
Half Price
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01446 773588

# 'People of Wales are responding to the need of refugees' says AM

**ALONG with people across Wales and here in the Vale, I have been moved and appalled by the plight of refugees across Europe, with the heart-breaking scenes we have witnessed over the past few weeks.**

People are responding to this humanitarian crisis and are seeking to play their part in this response.

Very recently, Father Ben Andrews sent messages calling for a meeting to be held at his church, St Mary's in Barry, and there was a strong response, with two meetings held this week. I was represented at one of those meetings and will play my full part in seeking to provide help and assistance as Vale AM.

While this meeting was being held in Barry, I was answering questions in the Assembly, as Finance Minister, on the plight of refugees and the ways in which we can all respond – UK Government, Welsh Government, local authorities and the EU.

The First Minister, Carwyn Jones was one of the first leaders to call for action in the UK and he chaired a summit this week which was attended by local partners – including the Vale Council who issued a statement on Monday, September 7.

In her statement, Coun Bronwen Brooks, cabinet member for housing and community safety, called for a report to be submitted to the cabinet as a matter of urgency on how the Vale Council can provide support to refugees displaced by the conflict in the Middle East.

She said: "The nature of the crisis is such that public organisations across the country have a responsibility to those in such great need."

The full report can be read on: *www.valeofglamorgan.gov.uk/en/our_council/press_and_communications/latest_news/2015/September/Vale-Council-response-to-refugee-crisis.aspx*

Alongside these responses, meetings, the summit and coordinating committees being set up, we have seen a strong community response – with people giving donations, as well as collecting clothes and responding to the ongoing needs in Calais as well as the Middle East.

Organisations like Citizens Cymru are also fully engaged with an active group in the Vale.

Citizens UK has been seeking increased refugee resettlement for over a year, encouraging councils to engage and support the resettlement of Syrian refugees; see www.citizensuk.org

Musicians and singers are also playing their part. Welsh Rock for Refugees – Reach Out is a 30-track, download-only album with all proceeds going to Refugee Action.

Charlotte Church is one of the artists contributing, as well as Manic Street Preachers, Stereophonics, Cerys Matthews and many other Welsh stars; see www.welshrockforrefugees.bandcamp.com

The Welsh Government will play a key role in how Wales responds to the current crisis following the summit this week – bringing together the key agencies who can develop the most effective responses. We will also work with the UK Government to ensure the necessary arrangements are put in place to help successfully resettle refugees in Wales.

*This is about deeds and not just words. It is about how we turn our compassion into commitment and practical action as we play our part in responding to this humanitarian crisis which is unfolding before our eyes.*

## ASSEMBLY NOTES

by **Jane Hutt**
**AM** (Minister for Finance)

# *Crematorium added to bus routes*

**FOLLOWING discussions with the Vale Council, Cardiff Bus have agreed to add the two stops at the crematorium on Port Road, Barry to a number of its routes.**

In addition to the Cardiff Airport T9 service operated by New Adventure Travel, the 96, 96A and X91 services will now stop both east and westbound at the crematorium.

Coun Lis Burnett, cabinet member for regeneration, said: "I am delighted that the issue has finally been resolved for the benefit of bus users. Local councillors, particularly Coun Anne Moore, have campaigned tirelessly to find a solution to the problem and so I'm sure they will welcome the decision by Cardiff Bus to use the bus stops from now on."

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#0% APR representative. Finance is subject to status, conditions apply. Credit is provided by Hitachi Consumer Finance and Leekes Ltd who are authorised and regulated by the Financial Conduct Authority. *Prices are based on Leekes standard white uPVC windows with A Rated glass and include fitting and disposal of old windows. See website for full details and representative examples. Offer ends Wednesday 30th September. ^Based on a 3m x 3m glass to ground lean to, price is subject to site survey.

# Scope Day Centre takes to No1 Dock

*Passengers were loaded aboard the specially-made craft with a drop down bow, to allow wheelchair access from the slipway.*

**ON a day forecast to be sunny and warm, a cold easterly wind was blowing across the dock as three members from the Scope Day Centre had an experience of boating on No 1 Dock.**

Boarding the craft *Dylan,* owned by the Barry Intersensory Club, Cliff Hayes, the club treasurer and powerboat skipper, directed operations with the help of his wife and carers from Scope.

Since the opening of the Barry Community Water Activities Centre in June, organisations joining to make use of the facilities have grown beyond the anticipated numbers. There are now 14 different clubs and organisations enrolled as members.

The comment from many people is that it is great to see the old docks again being used by young and old, irrespective of disabilities.

BCWAC chairman Chris Basten said: "When the main building is constructed, the dock waters will be available to all persons wishing to learn to sail, row or canoe, and not just organisations.

"The projected cost of £2.5m, which the Trust is now trying to raise for phase 3, is a major challenge, but I am confident that the voluntary team will achieve it for the benefit of the town."

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# AM expresses her disappointment at Zeon announcement

**IN July, Vale AM Jane Hutt met with the operations director at the Zeon Chemicals plant in Sully, to raise concerns about its proposed closure.**

The site employs over 80 people – many of whom are from Barry –with specialist skills and some with over 25 years experience.

Unfortunately, the plant has recently confirmed that it is planning to close the production operation at the end of December 2015, followed by site closure at the end of March 2016.

Jane Hutt said: "This is very disappointing news indeed. Having raised this with the Economy Minister Edwina Hart back in July, my priority now is ensuring support and advice for the employees."

# Driver of unfit taxi has licence revoked

**A HACKNEY carriage driver in the Vale has had his Hackney Carriage and Private Hire driver's licences revoked.**

During his appeal at Cardiff Magistrates Court, it was emphasised how driver John Lewis's vehicle had a prolonged history of bald tyres.

Mr Lewis also accepted that he had told the Vale of Glamorgan Licensing Committee on May 12 that it did not matter that the tyres were under the legal limit as it "was only a hair's breadth."

Mr Lewis had presented his private hire vehicle for testing at the council depot with both front tyres so devoid of rubber the reinforcement ply was showing.

The magistrates, after looking at the vehicle's records of maintenance over the past two years, decided on the balance of probabilities that Mr Lewis was not a fit and proper person to hold a vehicle licence.

Coun Neil Moore, Leader of the Council, said: "We expect the highest standards both from our drivers and from their vehicles.

"Our officers continue to work proactively across the Vale to maintain these standards in order to keep the community safe.

"This is another example of our licensing officers doing their job and ensuring that all our citizens have safe and reliable taxis and Hackney carriages in which to travel."

Follow us on Twitter - @gem_news

# *Vale residents benefit from Nest scheme*

**OVER 300 Vale residents contacted the Welsh Government Warm Homes Nest scheme last year for help to heat their homes and reduce their energy bills.**

Of these, over 120 households also received free home improvements and saved an average of £477 on their annual energy bills.

Lee Parry, head of Nest, said: "Nest offers a wide range of support to help people who are struggling to heat their homes and worry about their energy bills. Over 17,700 householders have received free home improvements from Nest in the past four years and saved an average of £477 a year on their energy costs."

Nest is open to all householders in Wales and provides advice on saving energy, money management, fuel tariffs and benefit entitlement to help reduce the cost of energy bills.

In addition to advice, people who live in a home that is hard to heat and receive a means tested benefit may also be eligible for free home improvements from Nest. These may include a replacement boiler, central heating system or insulation.

*Nest can be contacted on Freephone 0808 808 2244 or visit www.nestwales.org.uk for advice on reducing energy bills and to find out if you qualify for a package of home energy improvements.*

# FLU CAMPAIGN 2015

**If you have a long term condition, are pregnant, a carer or 65 and over, your immune system might not be strong enough to fight the flu virus.**

## UNLESS OF COURSE YOU PROTECT YOURSELF

## Get a FREE jab from your GP to protect yourself and others

Again this year, an intranasal flu vaccine is available for 2, 3 & 4 year olds not yet in school. The intranasal vaccine will be available from mid October. Children in reception, year 1 and year 2 will have the vaccine in school.

**Contact your surgery to make a suitable appointment.**

**THE PRACTICE OF HEALTH. Tel 01446 700350**
**Saturday Mornings: 19.9.15 & 24.10.15**
WALK IN CLINIC AND APPOINTMENTS AVAILABLE
*Appointments can also be booked online using MHOL*

**RAVENSCOURT SURGERY. Tel 01446 733515/734744**
**Saturday Mornings: 26.09.15 & 03.10.15**
**Weekday's:** By Appointment *(and Walk-In during Clinic Times)*

**HIGHLIGHT PARK MEDICAL PRACTICE. Tel 01446 720100**
Please contact the surgery to book an appointment

**VALE FAMILY PRACTICE. Tel 01446 729181**
Appointments available from 28.9.15
Please contact the surgery to book an appointment

**THE WATERFRONT MEDICAL CENTRE. Tel 01446 734131**
**Saturday Mornings: 3.10.15 & 10.10.15**
Book from Monday 14th September 2015. Please ring for other available dates.

**WEST QUAY MEDICAL CENTRE. Tel: 01446 722792**
Appointments available from 21.9.15
Saturday Mornings available: Contact the surgery

**COURT ROAD SURGERY. Tel 01446 733181**
**Saturday Morning Clinics: 26/9/2015 and 3/10/2015**
Booking opens from 14.9.2015.
Please contact the surgery for more details and other available dates

**STATION ROAD SURGERY Penarth. Tel: No: 02920- 702301**
**Saturday Morning Clinic: 10th October 2015**
OTHER APPOINTMENTS AVAILABLE

**STANWELL SURGERY. Tel 029 207 03039**
Clinics Monday – Friday. Please call for an appointment

**DINAS POWIS MEDICAL CENTRE. Tel: 029 20512293**
**Saturday Morning: 17.10.15**
Appointments available Monday to Friday from 21st September

**ERYL SURGERY - APPOINTMENT ONLY**
Llantwit Major – 01446 793444
St Athan - 01446 751010
Rhoose – 01446 712701

**COWBRIDGE & VALE MEDICAL PRACTICE. Tel 01446 772237**
Saturday Mornings: 3.10.15 & 17.10.15
Patients will be sent an invitation.

**THE COWBRIDGE AND WESTEN VALE GROUP PRACTICE**
Cowbridge – Tel 01446 722383
Llantwit Major – Tel 01446 794080
St Athan – Tel 01446 751751
APPOINTMENTS ONLY.
*Please contact your usual surgery for a flu appointment.*
*Please note, this year appointments can also be booked online.*

NEWS FROM THE FON-MON APIARY

# 'The honey could be scarce this year' warns beekeeper

**WHERE should I start?**

As of yet I have not taken any honey from the bees at all, and I am not likely to either. In fact, the feeding of colonies is and will continue for some time yet.

Of the six colonies in the apiary, only two are coping on their own. This scenario is not unique to me; others are having just the same problems with their bees.

Looking back at records from earlier years, 2001 was very productive. In fact from May and into September the amount of honey taken (but still leaving the bees with plenty for themselves) was 1,440lb – 12 very busy colonies.

What then is the difference this time around? That was some 14 years ago and the loss of habitat, plus the ever-diminishing forage for pollinators over this period is without a doubt one of the prime factors.

However, the weather this year has been responsible for our present predicament, along with swarming on a grand scale. A swarm, of course, sees the departure of the old Queen with a fair number of the hives' occupants departing with her.

As a result of this split, there will eventually be a new virgin Queen coming to the fore in those bees left behind. She must at some time in the next couple of weeks be mated (drones required here) or else she will not be a functional member of the colony.

The mating flight of a Queen is very weather dependant! Inclement weather can and does mean that a colony ends up with a non-mated Queen.

Why should that be a problem? She can still lay eggs and will obligingly do so, however the eggs she lays will only produce male bees (drones) and male bees serve only one purpose, that of mating with new Queens. They are not foragers or home builders.

That is left to the workers of the hive, who are all females.

Of course, some successful matings have occurred, the Queens have returned to their colony and dutifully begun to lay eggs and all should be well.

What can go wrong now?

The weather conditions take their toll; the population of the hive is expanding courtesy of the Queen and where foragers should be out and about and bringing in pollen and nectar, they are confined to the hive because of wet weather. All of the occupants do require food and very soon the stores will be diminished, and with no replacements coming in, starvation is just around the corner.

Step up to the mark the beekeeper. Feeding is now what you must undertake if the bees are to survive and make it through the coming winter.

All thoughts of supplying your many friends with honey from your hives has now gone out of the window. I will, of course, be assailed by beekeepers that somewhat like fishermen will exaggerate slightly and inform me of the prodigious amounts of honey they have taken off, and have had to store it in the bath as they have run out of jars!

Looking suitability envious and avoiding any expression that indicates I don't believe them, our conversation will become definitely one-sided and I will depart maybe a wiser man.

Will I have a 2001 result next year? Well I am a hobby beekeeper and the honey aspect is just one side of the story. It is the bees that are the real interest and what they do for us.

**Harold Williams**

## *Farmers' festival*

**NFU Cymru invites you to join them at this year's Glamorgan Harvest Festival which takes place on Wednesday, September 30, at Margam Abbey, Port Talbot.**

This year's service will start at 7.30pm and it will be followed by light refreshments.

Glamorgan NFU Cymru County Chairman, Abi Reader said: "Once again, we hope to get a good turnout at this year's event. I would encourage all local members to come along to join with the local rural youth movement, Glamorgan YFC, for this annual event. The invitation is extended to everyone – we look forward to welcoming you there."

## *SHINE EVENT*

***LOCAL charity 'Shine' – which tackles Spina Bifida and Hydrocephalus, is staging a fundraising event on September 24.***

*Phil Steele's 'Rugby World Cup Warm Up' will feature 'an evening of stories and songs from around the rugby world' with the award-winning Bridgend Male Voice Choir plus special guests, at 7.30pm in St Peter's Hall, Cardiff.*

*Contact Sian Prince on 02920 813847 or 0778 9616416. Tickets (£20) include Cardiff's famous Clarke's Pies and a Welsh cheese board, plus licensed bar.*

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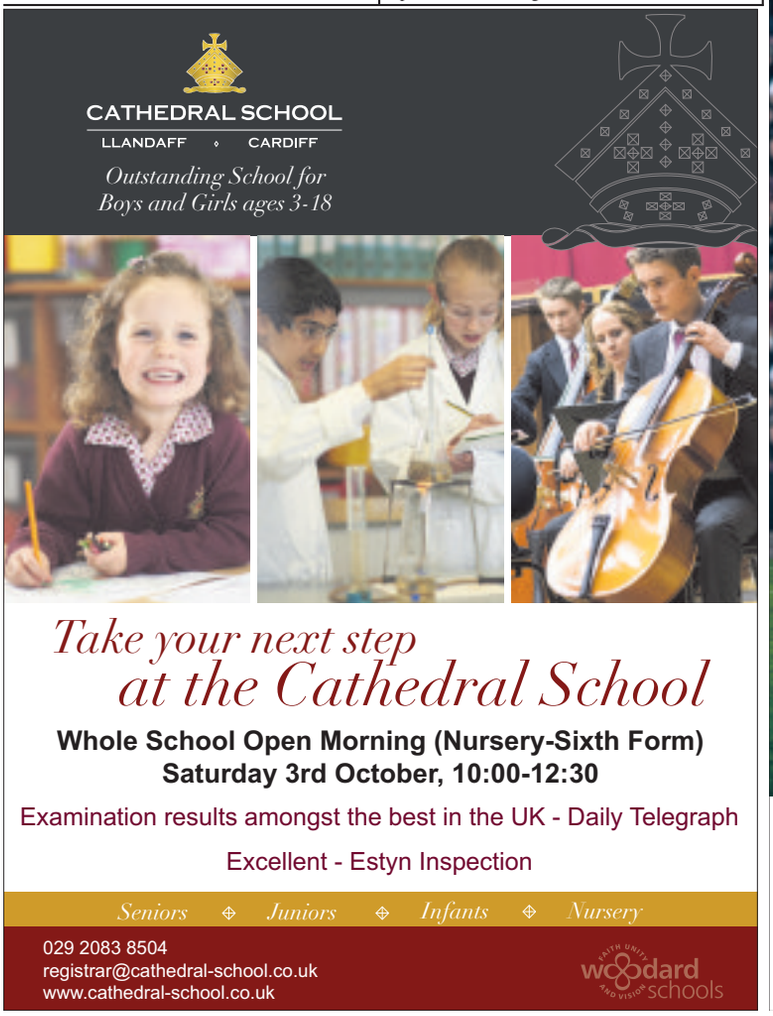


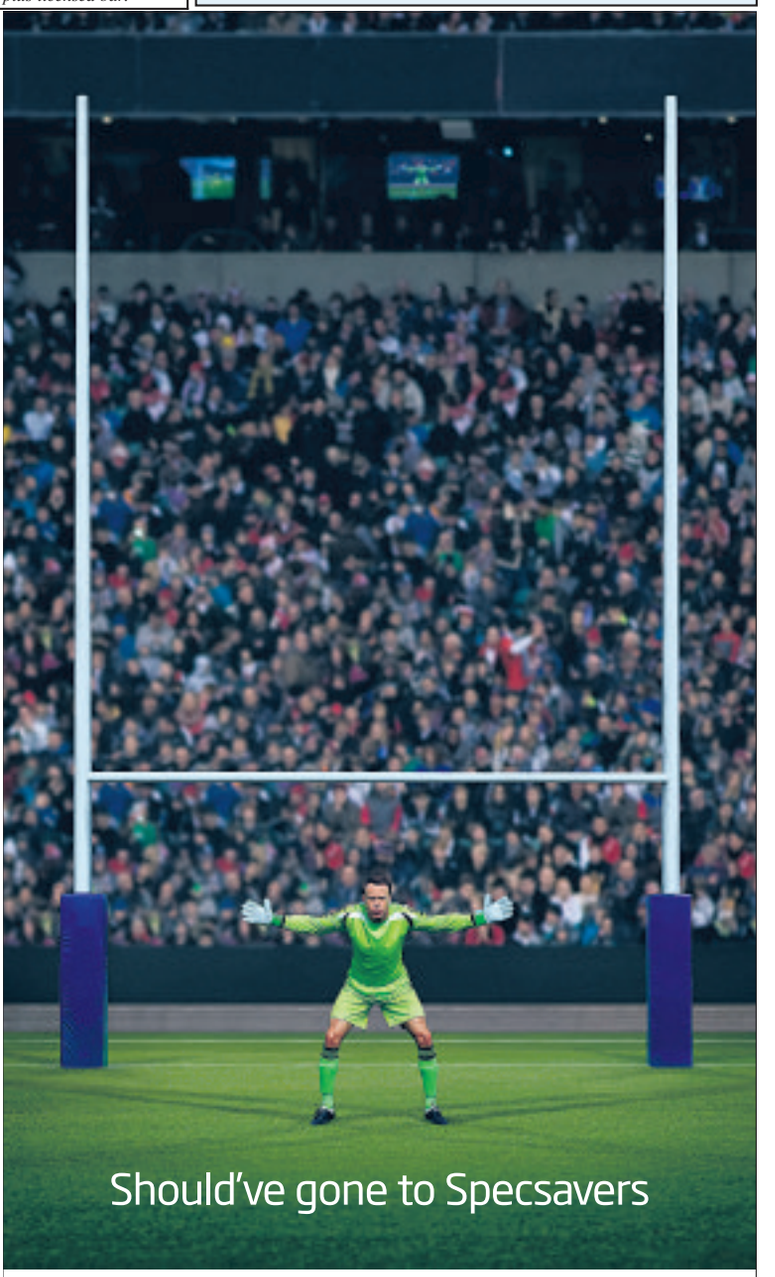


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# BARRY *Comprehensive* SCHOOL

*Team Lanka spent two weeks in Sri Lanka providing support in an orphanage and delivering lessons in local schools*

*Year 7 students attended a Mathematics Mentoring session at Dow Corning where they practised applying their maths skills to 'real world' problems*

*"Toto, I've a feeling we're not in Kansas anymore". The cast of the Christmas Panto 'The Yellow Brick Road'*

You are warmly invited to
**Barry Comprehensive School's**

# YEAR 6 OPEN EVENING

**Thursday 24 September 2015**
**from 5pm – 7pm**

**We are delighted to announce that our GCSE results this year are the school's 'BEST EVER' with:**

- 90% of students achieving at least 5 A* - C grades
- 15% of students gaining at least 3 A* or A grades
- 93% of our Sixth Form leavers going to their first choice of university

**Please visit us on 24th September for a presentation & personal tour of the school.**

*Geography and Geology students visiting Sjelandfoss waterfall during their trip of a lifetime to Iceland*

*Year 7 Gold Certificate winners being rewarded for their attendance, positive attitude and contribution to school life during their first year at Barry Comprehensive*

*Headteacher Gerard McNamara congratulating John McAllister, one of this year's top GCSE performers*

**Tel: 01446 411411 www.barrycomp.com @barry_comp**

# HELP BARNARDO'S TO HELP THE CHILDREN - CALL

**THE deadline for registration for this year's Lloyds Bank Cardiff Half Marathon is fast approaching!**

As the Ambassador for Barnardo's Cymru, I am urging runners to join us for Wales's largest running event in 2015 on Sunday, October 4, with over 20,000 runners expected to pound the streets of Cardiff.

The Lloyds Bank Cardiff Half Marathon's official charity partner is Barnardo's, which 'helps the most vulnerable children turn their lives around'. We need your support now more than ever to deliver our services to help children and young people who are abused, vulnerable, disabled, neglected or living in poverty.

We will support them, stand up for them and bring out the best in each and every child. Services like the Barnardo's SERAF project ensure that we get this work done.

Seraf is the only child sexual exploitation support project of its kind in Wales. Last year, we supported 76 children in Wales to recover from their traumatic experiences and the control of abusive adults.

By joining #TeamBarnardo's, you're becoming a part of something great, you will have an individual impact on the life of a child who has been sexually exploited and you'll be helping us prevent it from ever happening again.

This is some of the toughest work we do; it requires resilient and specialist project workers to help children rebuild their lives, and for that we need you.

Please register now and help raise money for Barnardo's. Barnardo's Runners will receive a personalised running vest, specialist training advice, an invitation to a post-race reception with a free massage. The only way to register for a place in the race is to run through Barnardo's.

For more information and to register for the 2015 event visit www.barnardos.org.uk/CardiffHalf.

Remember that you can join the team on Facebook to talk to other runners and get the latest updates or you can follow the event build up on Twitter.

I'll be there, and I hope you can be too.

**Jamie Baulch, Cardiff (Ambassador for Barnardo's Cymru).**

# Vale Resort gears up for World Cup!

**TWO thousand white fish fillets, 2,500 lean chicken breasts and more than 1,000 pots of organic yoghurt – these are just some of the food items that the Vale Resort is stocking up with as it prepares to host some of the world's elite rugby players for the 2015 Rugby World Cup.**

The four-star Welsh resort is gearing up for a busy September and October as it prepares to host not only the 31 players, management and support teams representing Wales, but also the French, and possibly Irish or Argentinian teams.

The Vale Resort near Hensol in the Vale has a long history of welcoming international sporting teams, having been the official training venue of the Welsh rugby team for many years and hosting a British Lions training camp in 2013.

However, the next few weeks will be a challenge, accommodating the requirements of different teams and managing smooth turnarounds between their international guests.

Over the course of the tournament, the Vale Resort has reserved more than 700 room nights for visiting teams.

So far, the Wales and the French teams will be staying at the Vale Resort. Assuming they successfully negotiate the group stages, the Irish team will also stay at the Vale Resort during the build up to their quarter-final match in Cardiff, with Argentina also on a reserve list to be based at the resort.

During the World Cup, 40 per cent of the Vale Resort will be occupied by the visiting teams and their entourage, which will rise to 100 per cent during match weekends.

"We know how the Welsh management team likes to operate during a major tournament and we have worked closely with them over the years to make sure that everything is spot on," explains resort sales and marketing director, Paul Beddoe.

"Although teams tend to use the same training facilities and prepare similar low carb, high protein diets, we are anticipating a few special culinary requests from the French, who have already indicated that they want a comprehensive charcuterie selection."

The main WRU pitch will be used by all the teams based at the Vale Resort during RWC 2015, as well as the 3G artificial pitch, fitness studios, weights areas and pool. The grass pitch recently received a 97 per cent agronomist score, making it one of the top pitches out of the 42 being used for playing and training during the tournament.

*Vale Resort staff are preparing for a busy period as they host teams in the Rugby World Cup.*

Paul added: "We are determined to rise to the challenge and provide a real Welsh welcome to all the teams that choose the Vale Resort as their base, including front of house staff who can speak to them in their own languages of Welsh and French, and even Spanish if Argentina stay.

"Our team is excited to be part of this World Cup and proud of the Vale Resort brand and our world class facilities."

# Chick knit appeal

**VELINDRE Cancer Centre needs people to help with knitting their 'Easter Chicks', which are used to cover cream eggs and sold to raise funds.**

A spokeswoman said: "If you feel you could help, contact Julie Smith on 029 2019 6860 or email Julie.smith6@wales.nhs.uk for a chick pattern or for more information.

"Since the Chick Knit started, we have raised more than £1.3 million for Velindre and this fantastic achievement has been a community effort. Many thanks to all the people that have helped by knitting or selling the chicks for us."

Alun Cairns MP
your voice for the Vale
eich llais i'r Fro

~~21st September Monday. 10.30am – 12pm at Barry Library~~ Now Full
23rd September Wednesday. 10.30am – 12pm at Waitrose, Cowbridge
23rd September Wednesday. 1pm – 2.30pm at Filco, Llantwit Major
24th September Thursday. 10.30am – 12pm at Waitrose, Barry
25th September Friday. 10.30am – 12pm at Asda, Barry

Advice Surgeries across the Vale / *Sesiynau Cynghori ledled y Fro*
Call to make an appointment / *Ffoniwch i drefnu cyfarfod*

01446 403814 All welcome / *Croeso i bawb*

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**In Spring 2015, Pencoed Comprehensive was categorised as a 'Green' (Highly Effective) school by the Welsh Government - Group 1 for standards and Grade A for ability to carry out improvements. One of only nine secondary schools across the Central South regions and one of thirty schools (out of 211) across Wales.**

In Summer 2015, **94%** of pupils sitting GCSE exams gained five or more passes at A* to C. Also, nearly all pupils sitting A Level passed their exams, with **75%** of the grades at C and above.

Coychurch Road, Pencoed, Bridgend 01656 867100
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# Out and About with The GEM

## Tom Hardy (and Tom Hardy!) excel in entertaining, but not exceptional, gangster biopic

**WHEN Guy Ritchie released *Lock, Stock and Two Smoking Barrels* in 1998, it spawned a stream of British crime films that attempted to capitalise on its success.**

While some were exceptional (*Gangster No.1*) there were plenty that clogged up the straight-to-video/DVD displays, most of them starring Danny Dyer.

However, the genre has undergone something of a renaissance, and the story of the most notorious British gangsters, the Kray twins, having been filmed back in 1991 with Spandau Ballet's Kemp brothers in the title roles, is told for 21st century audiences in *Legend*.

It sees Tom Hardy play both Ronnie and Reggie Kray, near identical twins, whose reign of crime and terror across the east end of London in the 1960s is the stuff of (you guessed it) legend. As times change, and gangsters challenge the Kray's rule, it sees the twins fight back to hold on to what they see as theirs...

While the mythical status the Kray brothers have developed over the years says much about British people's love of rogues, their name isn't necessarily the thing that sells this story; instead it's that Tom Hardy is essaying both brothers.

Gimmicky? Perhaps a little, but also intriguing and interesting to boot, with the actor one of the more eminently watchable performers working today.

*Legend*, then, is a film that has to transcend the charisma of its lead and create something engaging and attention-grabbing; what it is is a film that works as a comedy-drama, moments of humour (black or otherwise) rubbing up against moments of violence.

It's tone isn't entirely dissimilar to *Chopper*, the 2000 film that told the story of Australian criminal Mark Read, but while it suited that film, here it sometimes feels tonally jarring at times.

**by GARETH JAMIESON**
*Follow Screen Talk on Twitter – @GEMScreenTalk*

Framed by a voiceover from Reggie's wife Frances (played with superb vulnerability by the underrated Emily Browning), it's her recollections of the brothers and their actions and behaviour. Given that both are played by Hardy, the definitions between them, both as characters and through the actor's performance, are beautifully realised.

Reggie is the roguish charmer, a natural fit for Hardy's magnetic onscreen presence, while Ronnie is the unbalanced, psychotic other half of the same coin. While Hardy attacks Ronnie with greater relish (many of the laughs coming from his behaviour) there's also the constant air of menace around him, like a bomb that could go off at any time.

That Hardy can create such similar yet distinguishable performances is a testament to his ability, and along with Browning, and a raft of smaller performances, the piece is well-acted.

Behind the camera is Brian Helgeland, taking on both writing and directing duties, and the American director seems a little lost in translation.

Visually, the period is brought to life well, the edge and cool of 1960s London visible throughout, but there are times when you feel we are seeing London through an American's eyes, with the odd cliché here and there and a score that often lays on melodrama.

The script itself tells the story of the brothers' rise and fall well, but doesn't really dig too deeply into the characters; in a way it plays to the public perception of them rather than getting into their psyche, which works given how the film plays as a snapshot of them rather than an all-encompassing biopic.

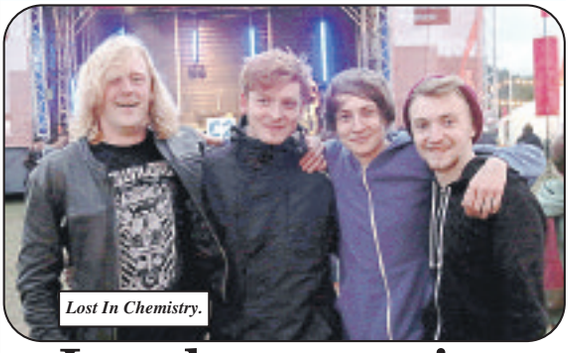
There isn't much depth, other than from the tragic Frances. Her story is the emotional core of the film.

Helgeland's script also treads the line well between painting the brothers in a heroic light and demonising them. If it skews a little more to the former than the latter, then it isn't that much of an issue, Hardy's magnetic performance seeing to that, but by the end of the film you are left in no doubt of their dark sides.

It lacks a degree of pace, and peaks a little early (albeit with a saddening gut punch), but *Legend* makes for an entertaining take on the story of the Krays, shepherded by a truly superb pair of turns by Tom Hardy.

**VERDICT:** An above average film containing an incredible set of performances, what *Legend* lacks in narrative guile and direction is more than made up for through Tom Hardy's excellent performances as Reggie and Ronnie Kray, and Emily Browning's subtle, fragile turn as the former's wife. Not quite a glorious success, it's still a smart and stylish effort. *Enjoyable*.

**SEE THIS IF YOU LIKED:** *Chopper* (2000), *Public Enemies* (2009).


*Lost In Chemistry.*

## Local group wins Battle of Bands

**LOCAL band Lost In Chemistry won the prestigious Battle of the Bands competition held by the National Eisteddfod, Maes B, Mentrau Iaith Cymru and BBC Radio Cymru C2.**

Six bands from all over Wales reached the final which was held at the National Eisteddfod in Meifod on August 4. The finalists were mentored by well-known musicians and producers, organised by BBC Radio Cymru C2.

The aim of the competition is to strengthen the music scene in Wales giving young people an opportunity to showcase their talents.

As part of the prize, Lost In Chemistry performed on the main stage at Maes B on Saturday, August 8.

"It was an awesome experience," said bass player Ben Thomas.

"The competition is a great platform for Welsh bands who believe in keeping alive original music," said lead singer, Dom Griggs. "It also gave us opportunity to sing our own material in the Welsh language".

As well as performing a set in Maes B, LIC won a recording session for BBC C2 Radio Cymru, an article in the Welsh magazine Y Selar, and a cash prize of £1,000. The band will also be filmed for the S4C programme *Ochr 1*.

C2 presenter Lisa Gwilym said: "Introducing new and exciting music on C2 every week is my passion and I think Battle of the Bands is a great way of discovering the next generation of talent out there."

Lost in Chemistry is a four man rock band, led by front man Dom Griggs, alongside another former pupil of Bro Morgannwg and bassist, Ben Thomas. Jake Cotton, former pupil of Barry Boys, is on the drums while Dan Whitfield of Bishop of Llandaf School plays lead guitar.

Lost In Chemistry play their own original material in the Welsh language, as well as in English.

*You can contact them to play at your gig/festival/club via their facebook page: facebook.com/lostinchemistry.*

## Ty Hafan lottery draw winners

**THE following are winning numbers in the Ty Hafan Crackerjackpot lottery draw number D896.**

- **£2,000:** 543632.
- **The rollover, which now stands at £8,000 was not won this week.**
- **£10:** 1 1 5 4 6 8 , 122762, 786265, 531215, 853835, 684740, 874364, 841117, 159659, 322488, 888942, 366615, 223720, 797009, 744024, 120880, 713967, 588523, 486233, 690091.
- **£5:** 239370, 761449, 365703, 229107, 118010, 242771, 375297, 909461, 283077, 288732, 559935, 753175, 960116, 845699, 525289, 288488, 193985, 891969, 387315, 256922, 636450, 211074, 855462, 488338, 337751, 714740, 892895, 670618, 392079, 778668, 165551, 762210, 440147, 853471, 430529, 312957, 700863, 583674, 512831, 372699, 424185, 783384, 437873, 876123, 359859, 293618, 312390, 759036, 341514, 391662, 606202, 113831, 929100, 382518, 721911, 479806, 460476, 805354, 576303, 000624.

The GEM cannot be held responsible for any errors or omissions contained in the above.

*For lottery information please telephone* 029 2053 2300.

## West End star Peter helps to boost Bobath

**WEST End star Peter Karrie will be hosting an evening of music, entertainment and sumptuous dining on Saturday, October 3 at Cottrell Park Golf Club, St Nicholas, to raise funds for Bobath Children's Therapy Centre Wales.**

Peter, a Bobath Wales' ambassador, has just finished a successful summer season playing Professor Callahan in *Legally Blonde* the musical, and is off to Canada for a sell-out tour.

Spokeswoman Gail Griffiths said: "Bobath Children's Therapy Centre Wales provides specialist therapy to over 570 children from across Wales who have cerebral palsy. This year, we need to raise £1.3 million to keep the Centre running and develop the services we offer. By supporting this event you will be making a huge difference to the children and their families who need our help.

"This event is the first of many throughout October, forming part of our Cerebral Palsy Awareness Month so we hope that you will join us and help make it our best awareness month yet!"

*Tickets are priced at £45 per person and can be purchased from the Bobath Wales fundraising office on 029 20522600 or email fundraising@bobathwales.org.*

## News in brief

### Valeways walks

**WALK & Click meet at Hensol Forest car park near Welsh St Donats on Friday, September 18 at 1pm.**

On Wednesday, September 23 the Coffee Shop Strollers meet at Romilly Cafe, Cold Knap, Barry CF62 6SW at 10am.

### Rhoose and District History Society

**A TALK will be held on Friday, September 25 at 7.30pm in the rear hall of Rhoose Community Centre, Stewart Road, by Walter Jones.**

His topic will be Glamorgan Farmhouses. Tickets at the door £1 per adult, 50p per child (under 16).

*New members always welcome, come along on the night and ask for details.*

### Cornelly fete

**CORNELLY village fete takes place on The Green, Gibbons Way, North Cornelly on Saturday, September 19 from 11am – 4pm.**

Stalls, fairground, activities, refreshments and more.

### Postcard fair

**BARRY Philatelic and Postcard Society is hosting the annual South Wales Federation autumn Fair at St Richard Gwyn Catholic High School, Argae Lane Barry, CF63 1BL on Saturday, September 19 - doors open at 10am. Admission 50p, refreshments available.**

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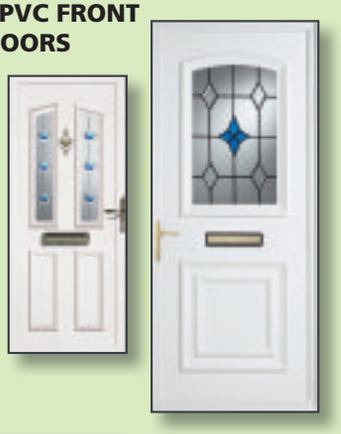

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# Dad's 'thank you' to charity for looking after Sophie

*Craig Gould, Mike Driscoll, David Lewis and Phil Taylor.*

**THE father of a 16-year-old with a rare genetic condition took part in Tŷ Hafan's Taff Trail Cycle Challenge to raise funds for the charity that has been a lifeline for his family.**

David Lewis and his team – the 'Tesco Trailers' – joined 280 cyclists for Tŷ Hafan's annual fundraising event along the picturesque route from Brecon to Cardiff.

The father-of-three tackled the Half Taff Cycle Challenge, starting from Merthyr Tydfil, to thank Tŷ Hafan for supporting his daughter, Sophie, and his family since 2004.

Sophie is one of only around 50 people in the UK to be diagnosed with CDKL5 – a rare genetic condition that results in seizures and severe developmental issues.

Her condition requires 24-hour care and she is unable to walk or talk. Despite her difficulties, Sophie brings a great deal of happiness to her family, and the staff at Tŷ Hafan love to spoil her when she visits the hospice in the Vale.

Looking back at Sophie's early life, her mum, Jane, said: "Sophie was born on June 26, 1999 and it was the happiest day of my life. My pregnancy was normal but the birth was horrendous. I was in labour for three days and then ended up having a C-section.

"Sophie did not need any special care and we came home with our little bundle of joy and enjoyed a blissful 15 weeks. Sophie, in those early weeks, was a wonderful baby. She fed well and slept well, everything was bliss. I can honestly say I had no concerns whatsoever."

But when Sophie was 15 weeks old, out of nowhere, she suffered her first seizure.

"The day she had her first seizure changed me completely. I can honestly say I'm a different person now," said Jane.

"The fear grips you inside. It was the first time I had seen anyone have a seizure and I was watching my daughter go through it. We were in the car and she was in her car seat asleep at the time. I was screaming at my husband and we drove straight to the hospital.

"We arrived, and when we were called in to see the doctor, she started fitting again in my arms. Needless to say we were admitted straight away, and we made that hospital our home for the next four months."

Over the following days, Sophie's fits continued. On one day, she suffered more than 50 seizures.

"Every test came back as normal so, because of this and being young and naïve, I just assumed they would get her medication sorted and we would get home and enjoy things again," said Jane. "Little did I know the seizures would still be dominating our lives 16 years later."

*Sophie Lewis.*

Sophie's referral to Tŷ Hafan couldn't have come at a better time. The couple also had their two-year-old son, Thomas, to care for and were in need of additional support to help with their daughter's complex needs.

David from Leckwith said: "Tŷ Hafan has been incredible. It has been hard at times, but their support makes life a lot easier.

"They look after all of Sophie's care needs when we visit so we can have a rest and do normal things like go out for a meal or go on holiday.

"Sophie has a fantastic time at Tŷ Hafan. She loves the sensory room and the hydrotherapy pool and our other two boys love it there as well."

Dave, a maintenance worker at Tesco, supports Tŷ Hafan whenever he can and encourages his employers to help out as well.

"Tesco donated loads of toys to the children last Christmas and I went along with other staff members to help wrap the presents. They also donated a road bike, a Hudl and gift cards as raffle prizes. We'd also like to thank Memory Lane Cakes for donating cakes.

"Jane also volunteers with Tŷ Hafan and helps the fundraising team with admin at Christmas time. We enjoy giving something back as they have done so much for our family."

David is now looking forward to planning more fundraising activities next year.

"I really enjoyed taking on the Taff Trail Cycle Challenge and was really pleased that I was able to give something back to help other families. We are already planning to complete the full route next year and are even thinking about doing the Tŷ Hafan Three Peaks Challenge next June as well."

Other parents supported by Tŷ Hafan also took part including Brad and Lauren Watson, Ian Hicks, Andrew Evans, Jennifer O'Brien, Angelo Pucella and Matthew Smith.


Ysgol Brynteg School

*A fo ben bid bont – be a leader, be a bridge*

'The whole transition process has been outstanding – I can't wait for my son to start!'
Year 6 Parent

Headteacher David Jenkins and his staff invite you to

Brynteg School Year 5 & 6 Open Evening

Thursday 24th September 2015

Introductory Headteacher talks and tours at **4.30 pm or 5.30pm** for **Y6** pupils and parents/carers in **Lower** School Hall. Talk and tour for **Y5** pupils and parents/carers at **5.00 pm** in **Upper** School Hall

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# *Welsh 'Surf therapy' project receives Big Lottery funding*

**A COMMUNITY surf project that helps young people improve their mental health has received £142,000 from the Big Lottery Fund in Wales.**

*Photo by Sarah Clarke.*

Wave Project Cymru has been granted funding by the Big Lottery Fund's People and Places programme to support 300 young people over the next three years.

The funding will mean young people living anywhere between Newport and Swansea will benefit from therapeutic surfing courses free of charge.

The aim of the courses is to enable participants to improve their mental health, social skills and life chances by learning to surf.

Each participant will receive support from their own 'surf mentor' – a volunteer surf instructor who provides emotional as well as practical support.

Sessions will be overseen by professional surf coaches, supervised by Welsh National Surf Team coach Ingemar Cressey.

The project will also fund the training and development of volunteers who wish to work with young people as surf mentors.

Wave Project chief executive Joe Taylor said: "This is fantastic news for young people in south Wales who will benefit from these projects.

"The Wave Project has developed an evidence-based programme which is proven to improve self esteem and wellbeing for young people.

"By overcoming the challenge of learning to surf, they will feel more confident and resilient about dealing with other challenges in their lives.

"We hope that they will also make friends with other children and be inspired by the volunteers, who provide great role models."

Highlighting the importance of the People and Places programme, Rona Aldrich, Wales Committee Member for the Big Lottery Fund, said: "Programmes like People and Places are making a difference to the lives of so many people in communities across Wales."

# MICROPUB WELCOMES LOCAL MICROBREWERY

**RECENTLY, the Campaign for Real Ale group hosted a Meet the Brewer evening at the recently-opened Little Penybont Arms in Pencoed.**

The Little Penybont Arms is one of the new wave of micropubs and was full to capacity with real ale fans; John, from the local branch of CAMRA, kicked off proceedings by highlighting the achievements of CAMRA over the last 40 years and mentioning how strong the brewing industry is in Wales, with almost 100 Welsh breweries and Tiny Rebel (a Newport-based brewer) recently taking the 'Champion Beer of Britain' at this year's Great British Beer Festival.

He explained how the local branch's area covers Bridgend and the Vale, from Porthcawl to Penarth, from Llantwit Major to Maesteg.

He then passed over to Boss Brewing who are based in Llansamlet, Swansea, and have only been going since April 1.

Owners Sarah John and Roy Allkin gave a brief history of their brewery and explained that they now supply to 16 Weatherspoons' pubs, and outlets from Haverfordwest to Bristol and that they have already won a gold at the SIBA awards.

Sarah is the brewer, but due to being pregnant has passed on those duties to John, so is now tasked with the sales and management side. They explained that the brewery grew up from home brewing and that the ethos of Boss is that the customer is the boss and they develop beers based on customer feedback.

*Sarah and Roy from Boss Brewery with Gareth from the Little Penybont Arms (centre).*

After customers sampled the range of Boss Beers on offer, Sarah and John, together with Little Penybont Arms owner Gareth mingled with customers.

*To find out about any future CAMRA events visit vog.camra.org.uk/.*

# Barry girls receive top Scouting award

**THE Chief Scout and Queen's Scout Awards presentation evening was held recently at Cardiff County Hall.**

The evening recognises the achievements of the young people through Cardiff and the Vale who have, during the past year, gained Scouting's highest awards.

The awards require a level of determination and effort that reflect both the personality and character of the individual, while at the same time meeting the exacting standards of the Scout Association.

Both Eleri and Becky, who are from 11th Barry Sea Scout Group, have shown that determination and they both received the Chief Scout's Gold Award.

Eleri and Becky are moving onto the local Explorer Group, which will extend their Scouting knowledge and experience. Eleri is also busy completing her Bronze Duke of Edinburgh Award. **SB**

# AM brings groups together

*Jane Hutt AM with Basma Ihbasheh, chair of the Rainbow Group and Pat Salt, vice president of the Barry and District International Soroptimists.*

**VALE AM Jane Hutt recently bought two successful groups of Barry women together to network and to lunch.**

The lunch was between Barry and District International Soroptimists and the Rainbow Women's group.

Ms Hutt said: "Both groups do such great work in the area that I thought it would be a good idea for them to meet and get to know each other. I hope that in time they might be able to work together on some projects."

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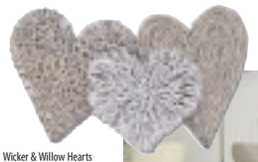

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# Readers' Letters

## New houses and problems regarding rights of way

**I REFER to the council's recent press notice about the public being allowed to speak at right-of-way sub-committee meetings reported in The GEM on September 3.**

New houses have been built over recorded public rights of way at Pencoedtre Lane (Taylor Wimpey), White Farm (Persimmon), Trem Echni (Taylor Wimpey), and there is an intention for Redrow to build over public rights of way in Wenvoe.

What is going on? Planning and public rights of way go hand in hand, so why are the update reports not reported to the planning committee that meets monthly, but instead go to the Local Access Forum that only meets twice a year or so?

At Pencoedtre Lane, 18 properties were affected by footpaths. Residents bought properties and were not informed about rights of way. The Leader instigated a report into the Pencoedtre Lane debacle – a draft copy has been with the council's internal auditor for a year, but has yet to be released into the public domain.

I welcome the right to address the sub-committee of planning with some caution – because in reality, the right to 'speak' only pays 'lip service' to the council's published rights of way ethos of 'transparency and accountability'.

**Mrs Jean Underdown,**
**Barry.**

***The GEM gave the Vale Council the opportunity to respond to the points made by Mrs Underdown. Bob Guy, operational manager for countryside and economic projects at the Vale Council, commented:***

*"We have introduced the right to speak at the Public Rights of Way committee meetings to ensure that the views of interested parties are heard by the committee before decisions are made, something I am sure most people would welcome.*

*"It is not uncommon for development to be proposed on land which includes a public right of way.*

*"The council ensures in such circumstances that formal and robust legal processes are followed to protect the rights of walkers. This could, for instance, include the diversion of a path onto a suitable route around or through a development site."*

## 'Why doesn't the Council listen to Vale people?'

**BEFORE Vale Leader Coun Neil Moore gets too carried away with self congratulations following the statistics produced by Data Unit Wales, he should pause a second and realise that statistics alone are not the sole measurement as to performance of any organisation in either the public or private sector. As we all know, statistics can prove anything!**

What is of greater importance is the debate and decision-making on key areas that have a major influence on the lives of those for whom the organisation claims to have responsibility.

Applying this performance indicator, the three important issues on which the council's decisions have proved lamentable are housing development, the proposal to introduce parking charges in the principal towns in the Vale and local government organisation.

With regard to housing development, the council has steadfastly refused to justify its decision to build almost twice the number of new houses necessary according to original forecasts, even though that decision has been challenged by almost everyone.

Nor have they explained why they pursue a cordial relationship with the various housing developers, while alienating those communities affected by the many planning applications agreed, by refusing to accept reasoned argument on scaling back some of the applications.

A visit to the high streets of all the major towns in the Vale illustrates the challenge faced by retailers to survive in the face of competition from online shops and large retail parks.

Local retailers are disappearing at an alarming rate with closed units increasing in number weekly.

The answer to this problem must be to minimise business rates and to encourage new businesses via rate-free periods and lower rates.

The Vale Council is proposing the introduction of parking charges, thus ensuring that even driving into one of our towns to buy a newspaper will result in having to pay a parking charge for that simple purchase.

Again, the weight of people opinion is against this proposal but the council is, as usual, pressing on with its illogical plan.

When it became a matter of when, not if, there was to be a merging of local authorities, Coun Moore announced that the ideal merger for the Vale would be with Bridgend Council, without doubt the most ridiculous suggestion imaginable.

When rightly the Welsh Government rejected this suggestion he accepted that perhaps the merger made more sense if it was with Cardiff Council, somewhat of a U-turn.

Unfortunately, the Vale Council and its elected councillors have lost sight of the fact that their role is to provide an acceptable range of services at a reasonable financial cost to those who live in the Vale and to act as our representatives at all times.

**Gareth Jones,**
**Colwinston.**

## Darren Farm will not reduce traffic in town

**I SEE the Darren Farm Developers are again busy creating so much spin in their statements that one can get quite giddy reading it!**

Last April, they said they were decreasing the density, now they say they are increasing the density and providing extra properties for the elderly. This is despite the fact that the development is so far out from town, senior citizens will be isolated from the shopping and other facilities they might need, unless they have transport.

Providing cycle paths, to go where, Never Never Land?

Now, regarding the spin they give in their statement on the decrease of a 1,000 vehicles from Cowbridge.

I believe the majority of this 1,000 decrease results from traffic coming down the Llantwit Major Road, turning left on Westgate and turning back to Bridgend or onto the by-pass to Cardiff, and also the vehicles coming off the by-pass into Westgate and turning onto the Llantwit Road. Living where I do, I know the Llantwit Major Road is a very busy road. Technically these vehicles are entering Cowbridge, but not travelling through Cowbridge.

I attended the presentation last November in the town hall and questioned these figures and how they were obtained. Apparently traffic cameras were placed in all the entry/exit points to Cowbridge and monitored 24/7, and the figures calculated from the readings.

So far so good, until I asked a question; did they take into consideration the increase in vehicles from the development? Answer, "No, because the houses have yet to be built so we could not include an estimate."

The representative agreed that a conservative estimate could be 1.4 cars per house giving an extra 546 in Cowbridge. With their increase in the number of houses in their new proposal, this would become 665! Their decrease in vehicles from Cowbridge is now just one third of their original figure!

Then there are the children attending the new primary school, some who will no doubt be driven there through, or should I say from, Cowbridge.

It is also unlikely, due to the distance, that children from a Darren Farm estate will walk to the Comprehensive. They too will be driven. The same applies even more so for anyone shopping.

I believe there will be an increase of traffic in the centre and through Cowbridge, not a decrease.

**H T Hailes,**
**Cowbridge.**

# HOMES & Gardens

# Benefits of thinking in black and white when it comes to home decoration...

BY GABRIELLE FAGAN, PRESS ASSOCIATION

**SOMETIMES we yearn for life to be simple and our choices 'black and white', in the hope that prevarication and confusion can be avoided.**

That is rarely realistic unfortunately, but taking a monochrome approach could be a perfect stress-free solution for decor.

No one is more convinced of the merit and power of a classic black and white pairing than Hilary Robertson, author of Monochrome Home.

"White loves black. Black loves white. Exploring their relationship builds an interior which is timeless, flexible, practical and liberating," she enthuses.

"By restricting the colour palette, having a colour cleanse if you like, any number of eclectic elements can easily exist happily together; inexpensive or simple things will look more sophisticated and decorating decisions are made easier."

Choosing a monochrome interior is a minimalist stance, she points out, but more than that, it's a refusal to get caught up in the drama of colour, with all the attendant complications of what goes with what, which, all too often, bedevils the amateur decorator.

CONTINUED ON PAGE 21

## Getting your home to look its best... WITH MODERN DECORATIONS

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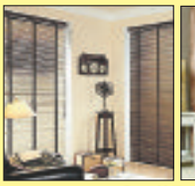
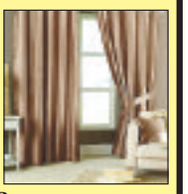

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# HOMES & Gardens

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# Home decoration is black and white!

CONTINUED FROM PAGE 19

Hilary continues: "Once you decide all the colours of the rainbow are not an option and commit to a monochrome scheme, you won't find it restrictive or as drastic as it sounds," she reassures.

"Creativity can flourish within the boundaries of black, white, grey and all the shades in between.

"It actually affords the decorator considerable freedom to experiment with mixing pieces from different decades, adding pattern and layering texture."

Deciding which type of 'monochromist' you are, she says, will ensure your interpretation truly matches your taste.

"Just as there are night people, who favour black and moody atmospheric boltholes, there are others who prefer to bathe in light with black merely providing a subtle contrast," she points out.

Choose from a 'white-out' or 'back to black' approach and transform your home simply into a stylish space... It might even change your life too!

**BIT OF ALL WHITE**

If you lean to the brighter side of life, preferring shades of white, light-flooded rooms, pale or bleached floors and a smattering of black for details.

"White is reflective, peaceful and restorative and maximises daylight. It's a perfect neutral, unobtrusive canvas for furniture and decorative objects.

"The white envelope approach – with both pale walls and floors – wraps a space in light but demands some defining characteristics if it is not to turn into a blurry, snowy scene," advises Robertson.

"Mixing black furniture, black and white photography and a lamp or two adds punctuation to a room, and a rug combining both colours will ground it, which is essential.

"There's something awkward about a room where objects float, offering nowhere for the eye to rest."

**TIP:** Brilliant whites have a more contemporary feel than softer shades, and sit well next to objects with some patina and age.

Consider a palette of three different tones of white and vary the warmth and coolness of these. The lightest should go on the ceiling and mouldings, darkest on the floor, and the middle shade on walls.

CONTINUED ON PAGE 22

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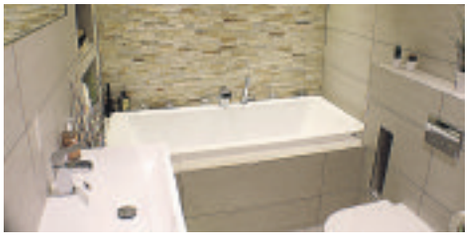

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HOMES & Gardens

# Sprucing up your home decor has never been easier!

CONTINUED FROM PAGE 21

For lustre, opt for pearlescent white paint, and for a chalky effect, try unfinished white plaster. Dulux's range of whites includes a sharp Mineral Haze 4, which would pair with a softer Java Cream, both from the Him + Her Collection, £24.49 for 2.5L of matt emulsion.

*MONOCHROME MUST-HAVES:* Black details in a pure white landscape pack a mighty punch, so choose with care.

Showcase black and white photography: 'Silver Birch Trees At The Tate Modern' print, £175, In-Spaces, is stunning and keys into our desire to reflect nature in homes.

ON THE DARK SIDE

If the dark side appeals, you are temperamentally suited to darkness, and would happily swap day for night, and cannot resist the striking effect of light on dark.

"Black has taken its time to slink back into our consciousness because it earned a bad reputation in the 1990s, where it was all about machismo, with matt black walls, chrome, leather and no feminine balance," says Robertson.

"Now it has been reinvented for our times. This incarnation is softer, more sensual and complex. There's something undeniably glamorous, louche and sexy about a dark room.

"Texture is all important in this interior, which relies on the tension created between hard, soft, rough and smooth to add character.

"Employing a mix of finishes and materials, from matt paint to glossy lacquer, gives monochrome rooms depth."

TIP: Going dark takes courage, so if your mood's sensitive to the amount of available daylight, limit black to contrasting details.

Reserve the darkest shade for the ceiling or paint window frames, mouldings and doors for a graphic effect.

Chalkboard paint, a softer black, works well with vintage and antique pieces, while gloss and lacquer suits crisper modern areas. Dulux's Charcoal Drift, from the Him + Her Collection, £24.49 for 2.5L of matt emulsion, is a rich black which could suit a feature wall.


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# HQ2 The Salon celebrates their 13th anniversary!

**HQ2 The Salon have just celebrated their 13th anniversary in Holton Road, Barry.**

This four-star salon is at the top of its game, offering quality hairdressing with experienced stylists.

Dawn Vaughan started the salon in August 2002 and immediately made an impact in Barry, offering a top hair business with major, quality products.

HQ2 quickly became a four-star salon, awarded by the Good Salon Guide.

Jaydene, her daughter, started her training and achieved a City and Guilds qualification in hairdressing, and joined the salon as a valued member of the team 10 years ago.

Jaydene is now the manager of the salon.

Paige joined the salon in 2011 and is a fully qualified stylist along with Darcy, who recently joined HQ2 having relocated from a top salon in Manchester.

Angela, the in-house beauty therapist, offers a full range of beauty treatments.

HQ2 is dedicated to training staff in new techniques and using the latest products on the market.

*Call in to 36 Holton Road, Barry, or call 01446 400102 for an appointment.*

# LOCAL SUPPORT FOR CHARITY TRUSTEES

**WITH charities coming under more and more scrutiny, Glamorgan Voluntary Services (GVS) has developed a trustee network to provide that essential support for charity trustees in their governance role.**

Clive Curtis, service development manager, said: "Supporting trustees is paramount to ensure effective governance of charities and voluntary organisations. The network is one of these essential tools of support."

He added: "The network will meet twice a year with e-briefings in between. There is a specialist speaker at each meeting who addresses a topic chosen to support trustees in the governance role.

"Through GVS, the trustee network has developed a good relationship with a firm of lawyers who support the network by providing information about employment law, health and safety regulations and other topics of a legal nature. Other specialists are also on board."

*For further information about the Network contact Clive Curtis at GVS – email clive@gvs.wales or telephone 01446 741706, website www.gvs.wales.*

# *A hair-raising ride is on offer*

*Blind driver Sue Taylor reached speeds of 70mph at Llandow.*

**COULD you drive with your eyes closed? If so, there's a motoring event with a difference at Llandow Race Circuit on Sunday, September 20.**

Guide Dogs Cymru is challenging drivers to manoeuvre a dual-controlled vehicle around the track while wearing a blindfold.

All vehicles will be provided with a qualified AA driving instructor, talking each participant through the route and explaining the controls. Drivers can also test their parking skills by taking a blindfold reversing challenge.

The event was last held at Llandow in 2013, when guide dog owner Sue Taylor of Broadlands, Bridgend, reached speeds of 70mph.

She said: "One of the hardest things about losing my sight 20 years ago was handing back my driving licence. I thought I'd never take the wheel again.

"The Blind Drive Challenge allowed people like me with sight loss to whizz round the race track and test our manoeuvring skills. I can't tell you how exhilarating it felt after all that time.

"Sighted friends also took the challenge in blindfold – but they tell me I was the fastest. I reached 70mph and overtook two cars! It was so much fun that I'm planning to do it all again."

Sunday's event runs from 10am – 4.30pm. Places are limited, but drivers can turn up on the day and pay £20 to take part if there is an available slot.

Other attractions include a racing driver offering a selected number of rides at noon and 3pm, plus live music and the police display unit with cars and motorbikes. There's also a 'young person's driving experience' for anyone tall enough to sit in a car and reach the pedals, again under dual controls.

*To book a place or find out more, telephone Guide Dogs Cymru on 0118 983 8746 or e-mail frank.greig@guidedogs.org.uk*

# Second record promotion at Oxfam Penarth

**THE second record promotion organised by the Oxfam shop in Penarth will start on Wednesday, October 7 at 10am.**

It differs from the previous promotion in that it will include collectible classical vinyl.

The promotion will have for sale over 160 collectible rock, pop, folk and jazz LPs ranging from Muddy Waters to Tony Bennett.

All the records have been carefully graded and priced from £4.99 upwards. There are also over 50 classical LPs plus box sets. A second addition this year is that there are well over 100 singles available for collectors to buy, starting from 99p.

Anyone who has vinyl records of any kind that they would like to donate to Oxfam can drop their donations off at the shop in Windsor Road, Penarth.

# Free legal advice for local carers

**CARERS in Cardiff and the Vale are being given the opportunity to get free legal advice through the Marie Curie Carers' Café initiative.**

The Marie Curie hospice in Penarth is to host the café on Tuesday, September 29 after teaming up with local solicitors who specialise in family law. It is all part of the Carers' Café initiative, which sees the Marie Curie Caring for Carers project team host a welcoming café for carers on the first and last Tuesday of every month.

As well as cake, a cuppa and a chat about caring matters, carers will also be able to get advice on Wills, Power of Attorney, administration of estates, Court of Protection matters, tax and other legal issues.

*For more information about the café, contact Sarah Johnson on 02920 426000 or email sarah.johnson@mariecurie.org.uk.*

# Vale MP holds a 'Super Surgery' week

***VALE MP Alun Cairns will be holding a week of constituency surgeries next week in communities across the Vale at the following places:***

*September 21, 10.30am–12pm at Barry Library; September 23, 10.30am–12pm at Waitrose, Cowbridge; September 23, 1pm–2.30pm at Filco, Llantwit Major; September 24, 10.30am–12pm at Waitrose, Barry; September 25, 10.30am–12pm at Asda, Barry.*

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**THE VALE OF GLAMORGAN COUNCIL**
**TEMPORARY ROAD CLOSURE ORDER, SECTION 16A**
**ROAD TRAFFIC REGULATION ACT 1984**

## CARDIFF HALF MARATHON – PENARTH SUNDAY 4th OCTOBER 2015

**NOTICE IS HEREBY GIVEN** that the Vale of Glamorgan Council have made an order under Section 16A Road Traffic Regulation Act 1984 as follows:-

**WHEREAS** during certain hours of the day and date specified in column 1 of the Schedule hereto the streets or part thereof listed in column 2 of the said Schedule will be used for the holding of a relevant event as described in Section 16(A)(1) of the Road Traffic Regulation Act 1984, the Council, pursuant to the powers conferred by Section 16A of the Road Traffic Regulation Act 1984 do HEREBY ORDER AND DIRECT in order to facilitate the holding of the event, enable members of the public to watch the said event and to reduce the disruption to traffic likely to be caused by the event the following regulation shall be observed:-

**THAT**, except as provided by the order, the said streets or parts thereof shall be closed to all vehicular traffic including pedal cycles **with the exception of Emergency Services** Vehicles between the hours specified in column 3 of the said schedule. The penalty for infringement of the said regulation is a fine not exceeding £1000.00

| Column 1 | Column 2 | Column 3 |
|---|---|---|
| Sunday 4th October 2015 | 1/ **A4055 – Cogan Spur** (closed in both directions) from its junction with the A4160 Penarth Road in a north easterly direction to the county boundary. | 08.00am to 11.00am |
| | 2/ **A4160 - Windsor Road (Cogan Hill)** closed in a south easterly direction from its junction with the A4055 Cogan Spur to its junction with Marconi Avenue, this will include the gyratory of the roundabout at Marconi Avenue, though it will still allow traffic to exit Penarth in a north westerly direction only. | 08.00am to 11.00am |
| | 3/ **A4160 - Penarth Road** (closed in both directions) from its junction with the A4055 Cogan Spur/Barry Road in a generally north westerly direction to the county boundary with Cardiff at the river Ely. | 08.00am to 11.00am |
| | 4/ **A4055 – Barry Road** from its junction with the A4160 Penarth Road in a generally south westerly direction to its junction with Penlan Road, at the Merrie Harrier junction Llandough (this road will only be closed to northeast bound traffic, this will allow traffic to exit from Penarth to the Merrie Harrier junction). | 08.00am to 11.00am |
| | 5/ **Llandough Hill** (closed in both directions), from its junction with Penarth Road for a distance of approximately 210m in a generally westerly direction. | 08.00am to 11.00am |
| | 6/ **Marconi Avenue** (closed in both directions), from its junction with the A4160 Windsor Road (Cogan Hill), to its junction with Terra Nova Way, this will include the gyratory of the roundabout at Terra Nova Way. | 08.45am to 11.00am |
| | 7/ **Terra Nova Way** (both directions), throughout its length. | 08.45am to 11.00am |
| | 8/ **Penarth Portway** (closed in both directions), between Terra Nova Way and the barrage car park, including the gyratory of the roundabout at its junction with Terra Nova Way. | 08.45am to 11.00am |
| | 9/ **Paget Road** (also known as Dock Road) (closed in both directions), will also be closed between its junction with Paget Terrace and Penarth Portway, this will include the gyratory of the roundabout at its junction with Penarth Portway. | 08.45am to 11.00am |

Signed diversions shall be in operation for traffic unable to use A4055 Cogan Spur/Barry Road and A4160 Penarth Road will be in place via the B4267 Penlan Road and Leckwith Road, due to a weak bridge at the bottom of Leckwith Hill this route will be unsuitable for vehicles over 7.5 tonnes (11 tonnes if they are a public service vehicle on a local route, Emergency Service vehicles, local Authority Highway Maintenance vehicles), larger vehicles will have to travel via the A4231 Barry Docks Link, and A4050 Port Road.

Dated this 17th day of September 2015

**M. E. Punter**
**Director of Visible Services & Housing**
**Vale of Glamorgan Council**
**The Alps Wenvoe CF5 6AA**

# Group enjoys day out in Bath

*Group members outside the American museum in Bath.*

**BATH was the venue when Art Central FRIENDS organised their first bus trip for members.**

They almost filled a 49-seater bus because the group was augmented by the St Francis Quilters and the Barry Hookers. It was to be a two-fold visit for most members, going first to the Holburne Museum and then after lunch heading off to the American Museum just outside the city.

The American Museum is hosting a special exhibition called 'Hatched, Matched, Dispatched and Patched', showing how fashions in clothing and textiles have changed over 150 years or so, with lots of dresses, both adult and christening, as well as quilts made especially for each occasion.

The museum also houses a very eclectic mix of all things American, especially from the early years of its history. The Quilters and Hookers (of the crochet kind) also made a beeline for the well-known patchwork shop in the city.

It was a very successful day out and it is hoped that more trips will be on the social calendar in the future.

Art Central FRIENDS is due to hold its AGM on October 8 at the Barry Island Community Centre, at 7.30pm. The annual fee is £10, and that gets several talks a year on a host of different subjects, plus refreshments.

Also, the group holds coffee mornings and a social evening so people can meet up and chat.

Their next coffee morning is at the Millennium Centre, Porth y Castell at 10.30am and new members will be very welcome.

The aim of FRIENDS is to support Art Central Gallery on King Square by helping increase footfall, as well as providing volunteers to invigilate exhibitions.

*For membership forms, contact pat@temple-murray.com.*

# Van thefts in Penarth area

**VAN owners – couriers and tradesmen especially – are being urged to be on their guard following a number of van thefts throughout Penarth.**

Owners have been caught off guard by thieves who have driven away with vans which were left unattended with keys in the ignitions or doors.

Most vans have been stolen from the Quay area of Penarth, but other incidents have been reported in other areas, such as Bridgend and Porthcawl.

Detective Inspector Michelle Conquer said: "Van owners should be aware of the issue and be extra vigilant. It takes seconds to steal a van, and with it, somebody's livelihood, which can have a devastating impact. Anyone who knows van owners from the area or who may be working in the area can help spread the word."

# 'Make road safer' petition launched

***THERE is a petition with 'change.org', calling on the Vale Council to make changes to the Barry to Dinas Powys road to make it safer.***

*Gareth Hughes, who lives in Barry, said on the petition site: "The road going into Dinas Powys is currently very dangerous for pedestrians and cyclists and this has led to accidents and deaths.*

*"Having a path for pedestrians and cyclists to travel to Dinas Powys would reduce accidents and deaths."*

*By Monday this week, 401 people had signed it.*

*One supporter of the petition, Jake, commented: "The road is dangerous for pedestrians and cyclists and it's only a matter of time before another death, unless something is done."*

# *Councillors concerned by new barrier in Dinas*

**ACTION has been promised to address a problem caused by the barrier at the entrance to Parc Bryn y Don, Dinas Powys.**

This follows a meeting at which councillors Val Hartrey, Keith Hatton and Chris Franks discussed the issue with senior Vale staff.

The erection of the barrier, which was quickly erected following the departure of Travellers from the playing field, was welcomed locally. However, it is now creating problems for residents and sportspeople.

Coun Chris Franks said that the barriers had prevented an ambulance attending to an incident at the skatepark: "We understand that a teenager broke a leg at the park. Unfortunately, the crew could not pass under the barrier and had to make their way on foot. No doubt the injured person had an uncomfortable journey back to the ambulance."

Coun Hartrey added: "In addition to this, many sports people's vehicles cannot safely gain access to the park. The result is vehicles parking on the main road. ‚Alternatively, residential roads are being used which is inconveniencing householders."

Immediate response emergency services will be provided with a key to remove the barrier.

Coun Keith Hatton emphasised that a more detailed investigation was required to find a permanent solution - "This is a complex matter but the public expect answers as soon as possible."


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# *PENARTH HOCKEY TEAMS GET THEIR SEASON UNDERWAY*

**PENARTH Hockey Club got the competitive portion of the 2015-16 season underway in Swansea at the weekend, but almost as significant as the success down west was the return of the club's third XI.**

The influx of players over the summer which allowed the re-formation of the thirds has also bolstered both the first and second teams and, with the senior side on a week's hiatus, it was a new-look second XI - led by new captain Matt Birch - which travelled to Swansea for the preliminary round of the Welsh Cup competition.

The competition had seven teams looking to reach the semi-finals by finishing in the top two after a gruelling round robin format, with each team playing six half-hour games across the day.

Penarth started strongly and played on the front foot throughout their opening game, with the early pressure paying off just before half-time as Will Romain converted a cross at the back post to put the Bears ahead.

Despite looking comfortable, at 1-0 the Vale side was always vulnerable to an equaliser before Birch slapped home a second midway through the second half to confirm victory.

Penarth's second game saw them facing Bridgend, and it was the former who dominated once again. After a few missed opportunities, the Bears finally broke the deadlock with Tom Haran driving through from midfield to tap home a cross.

Once in front, Penarth piled on the pressure and added another two in the second half through a Birch penalty corner and a second for Haran.

The green machine maintained its 100 per cent record against a good Swansea Bay side in a closely-fought encounter but, with coach Ben Croxall on the sideline, it took a fightback after a slow start saw Penarth under the cosh and conceding an early goal.

Having found their feet, the visitors started playing better hockey, and their increased pressure eventually led to a penalty flick for a foul on Romain. Sam Chick stepped up, only to put the penalty wide of the post, but his blushes were spared somewhat as Penarth kept up the pressure and eventually forced an equaliser as Romain produced a smart finish to cap a good move down the right.

Croxall made changes to the formation at half-time, and it paid off as, despite both teams playing well in the second half, it was Penarth who grabbed the decisive goal with Chick atoning for his earlier miss by glancing in a Phil Lane pass at the front post.

At 2-1 down, Swansea piled on the pressure, but some resolute defending kept the score in Penarth's favour to make it three wins from three.

Despite being full of confidence heading into the fourth game, the Vale side came unstuck against Abergavenny after experimenting with a new formation – and promptly finding themselves 4-0 down inside 10 minutes! Although Penarth controlled the game after the whirlwind start, Lane wasted the team's second penalty of the day, and the game ended without any further scoring.

Under pressure following the defeat, the Bears needed a win against Cardiff & Met to keep hopes of qualification in their own hands. In one of the sloppier games of the day, Penarth fought hard for the victory before finding a late breakthrough as Lane fired home from the middle of the D.

Even with four wins from five, Penarth were still not assured of qualification and needed to pick up at least a point in their final match against Whitchurch.

With both sides struggling from exhaustion and cramping up, Penarth knew a victory would be a hard-fought one but, despite having the better of the chances, Whitchurch always looked like they could sneak a winner.

Tensions were finally eased midway through the second half as Birch converted a penalty corner to give the Bears the lead, and Chick ensured both victory and qualification for the semi-finals by adding a second late on.

**WHITCHURCH 'F' 1**
**PENARTH 'B' 0**

**After many seasons with a membership that prevented the club from fielding a meaningful third XI, the early stages of PHC's '20:20 Vision' realised a long-held dream as a side comprised of a medley of veterans and young talent took on a younger Whitchurch team in Treforest.**

Despite the usual pre-match rallying cry from captain Nick Pratt, Penarth were slow to hit their stride and, having denied the home side on a handful of occasions, were finally undone in freakish fashion. A wayward shot was met by a Whitchurch stick on the by-line and the resulting spin generated by the contact took the ball on a crazy trajectory into the Penarth net, despite the best efforts of goalkeeper Matt Noble and defender Graeme Jones.

One down after only 10 minutes, the Vale side needed to sharpen up, and did so as Dev Patel, Rob Harrison and Dave Thomas gradually took control of the midfield.

Although there were still too many mishit passes, Penarth gradually shifted the balance of play to the Whitchurch end, where Sam Salisbury and Derek Wooding both had chances to equalise.

Despite still being a goal behind at the break, there was no urge to change the way the side was playing, and the second half proved to be an open encounter, with opportunities at both ends.

On the occasions when Whitchurch managed to breach the defensive line led by Paul Roberts and Craig Llewellyn, Noble ensured Penarth remained in the game with a string of fine saves, while man-of-the-match Patel continued to drive the Bears forward, setting up chances for Pratt and Thomas that went unconverted.

The second half stalemate meant that Penarth's third XI returned with a defeat, but simply getting to the point where such a team could take to the field was victory in itself for a club looking to rebuild itself into a serious contender at all levels.

The first XI face their own cup tournament in Swansea this weekend, while the seconds return to action with an away fixture against Cardiff Medics 'A' at Llys Tal-y-Bont.

Penarth Hockey Club always welcomes new, old and returning players, umpires, supporters, friends and helpers regardless of age and ability. Training takes place on Wednesdays at Stanwell School, with the juniors on the pitch between 6.30pm and 7.30pm and the seniors between 7.30pm and 8.30pm.

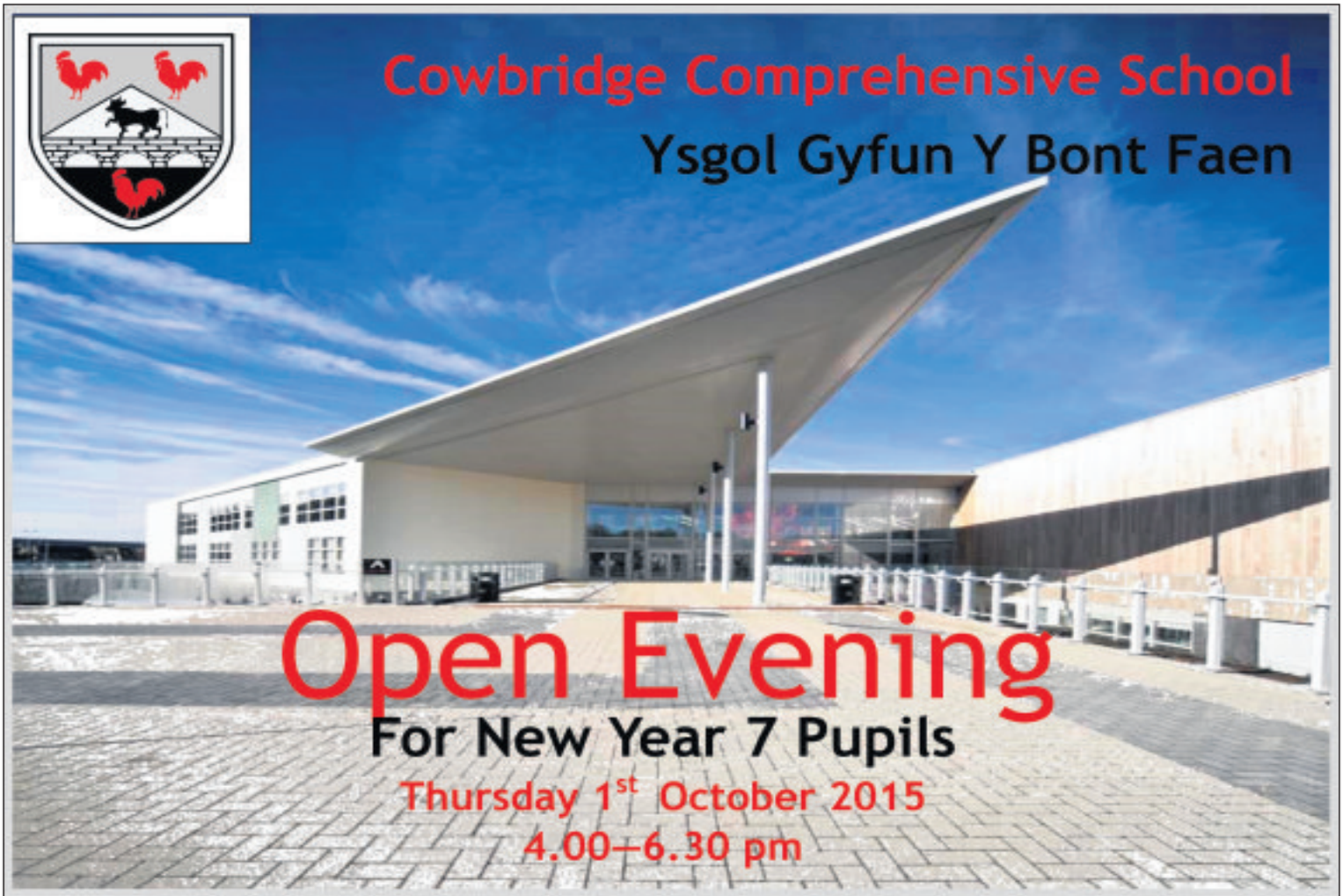
*Anyone interested in joining the club at senior or youth level can contact either player-coach Ben Croxall (b_croxall20@yahoo.co.uk) or club secretary Dave Stevens (d_stevens81@hotmail.co.uk) for further information.*

**CL**

# Sandals found!

**SMALL girl's white sandals have been found by Lakeside; contact 01446 700879.**

**Mrs H Hunt,**
**Barry.**

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# NATIONAL EYE HEALTH WEEK

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# 'GET YOUR EYES CHECKED' IS THE MAIN MESSAGE OF NATIONAL EYE HEALTH WEEK

**LOOK after your eyes by going for a regular sight test is the main message of this year's National Eye Health Week from September 21 to 27.**

**Now in its sixth year, National Eye Health Week brings organisations and health professionals from across Wales together to raise awareness of the need for regular sight tests and how lifestyle habits can affect sight.**

**A regular sight test can help detect eye conditions before vision is affected.**

**It can also identify health conditions such as diabetes and high blood pressure.**

**Most people should have their eyes examined by an optometrist every two years – although it might need to be more often depending on age, family or medical history.**

**Deputy Minister for Health, Vaughan Gething AM, said: "The most important thing people can do to look after their eyes is to go for regular sight tests. The NHS in Wales provides free eye tests for those who most need them at local opticians. You won't need to register, you often won't need an appointment and many opticians are open on Saturdays."**

**Ceri Jackson, RNIB Cymru Director and Chair of the National Eye Health Week Wales Advisory Group, said: "Every day in Wales nearly three people lose their sight, but 50 per cent of sight loss is avoidable with early detection and treatment. The most important thing people can do to look after their eyes is to go for regular sight tests.**

**"Research shows that more than one in 10 of us have never had our eyes tested. Sight is the sense that people fear losing most yet many of us don't know the best way to look after our eyes. We want to change that.**

**"Many people think a sight test is just about checking whether your vision needs correcting with glasses or contact lenses. But there are other important reasons to have a sight test. A regular sight test can help detect eye conditions before you notice the effect on your sight, including health conditions such as diabetes and high blood pressure.**

**"NHS eye tests are free for people aged 60 plus years, for children, for those on income related benefit, and those at risk of eye disease because of a family history.**

**"Having a sight test with an optometrist at least once every two years should be part of everyone's health care routine.**

***"So this National Eye Health Week – look after your eyes and make sure you book yourself and your family in for an eye test."***

annette dobbs
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# 'TWO-YEAR SIGHT CHECKS ARE VITAL'

**ON Friday, September 25 from 9am-12pm, Jones & Jones are holding an open day at their practice in High Street, Barry, to mark National Eye Health Week.**

The week aims to raise awareness of the importance of eye health and the need for everyone to have sight checks every two years, to look after their eyes.

Dr Adrian Jones, from Jones & Jones, said: "We hope as many Barry and Vale residents as possible will attend the open day to mark National Eye Health Week.

"Almost two million people in the UK are living with sight loss yet over half of sight loss can be avoided, so it is vital everyone takes care of their eyes.

"By coming along to our National Eye Health Week event, you can find out how you can keep your eyes healthy. There will be information on the leading causes of blindness, nutritional advice on eating foods that can protect and improve eye health and simulator spectacles for people to try on to demonstrate what having a vision problem would be like."

Francesca Marchetti, chair of the National Eye Health Week steering group, said: "Sight is the sense people fear losing the most, yet many of us don't know the best way to look after our eyes.

"This is why it is so important you get your eye health tested every two years, even if you think your vision is fine, as some eye conditions may not show symptoms. Go along to this event to find out more or visit visionmatters.org.uk".

***Facts about vision loss:***

20 million people in the UK could be at risk of avoidable sight loss because they fail to have regular sight tests.

Almost two million people in the UK are living with sight loss, yet over half of sight loss can be avoided. This means that almost two million people have a sight problem which has a serious impact on their daily lives.

The figure is made up of people who are registered blind and partially sighted, and all the other people whose sight problems have a significant impact on daily activities.

Not all of these people can be registered as blind or partially-sighted.

Sight loss affects people of all ages.

• *The number of people in the UK with sight loss is set to increase dramatically. It is predicted that by 2050, the number of people with sight loss in the UK will double to nearly four million.*

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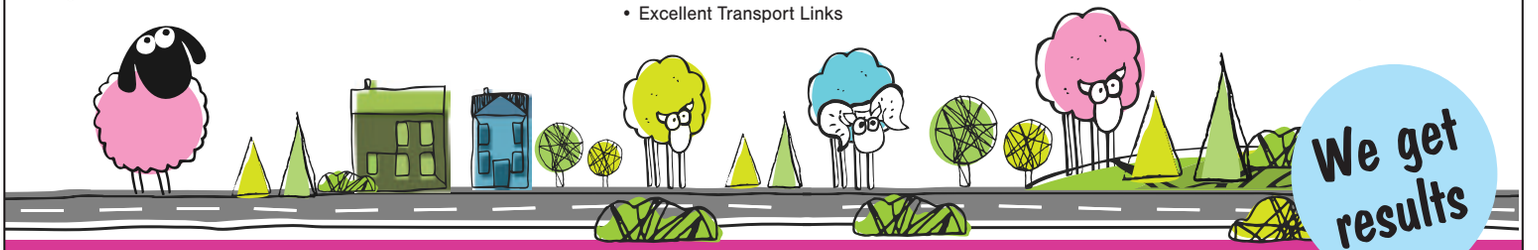

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Artist's impression

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- **Are you a first time buyer?**
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Artist's impression

**Priority wil be given to applicants with a local connection.**

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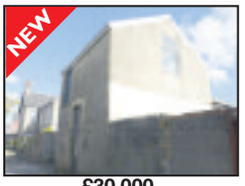


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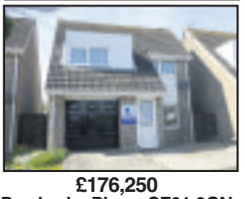

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## ARNO ROAD, BARRY

*H4U Reference 200997*
**Suitable for a family meeting the maximum occupancy requirements**
- Two–bedroom flat
- First floor
- Central heating
- Double-glazing
- Water meter

**Rent £79.08** per week

## BURNS CRESCENT, BARRY

*H4U Reference 202799*
**Suitable for a family meeting the maximum occupancy requirements**
- Three–bedroom house
- Central heating
- Double-glazing
- Gardens

**Rent £104.03** per week including water charges

## BUTTLEE COURT, BARRY

*H4U Reference 118807*
**Suitable for a family meeting the maximum occupancy requirements with a medical priority**
- Three-bedroom flat
- Ground floor
- Level access shower
- Central heating
- Double-glazing

**Rent £98.86** per week

## CASTLELAND STREET, BARRY

*H4U Reference 204187*
**Suitable for a single person or couple over 55**
- One-bedroom bungalow
- Central heating
- Double-glazing
- Community alarm

**Rent £97.55** per week including water and alarm charges

## CATHERINE MEAZEY, PENARTH

*H4U Reference 237744*
**Suitable for a single person over 40**
- Studio apartment
- Ground floor
- Central heating
- Double-glazing

**Rent £93.87** per week including water charges

## DENBIGH COURT, PENARTH

Not suitable for applicants requiring level access showering

*H4U Reference 1007223*
**Suitable for a single person or couple over 50. Pref given to applicants with a medical priority**
- One-bedroom bungalow
- General need bathroom
- Central heating
- Double-glazing
- Alarm system

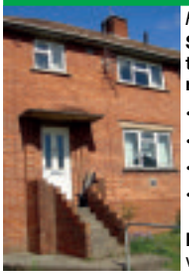
**Rent £95.67** per week

## DOWNS VIEW, ABERTHIN

*H4U Reference 251726*
**Suitable for a family meeting the maximum occupancy requirements. Not suitable for applicants requiring level access showering**
- Two–bedroom GF flat
- Central heating
- Double-glazing
- Water meter/gardens

**Rent £81.51** per week

## MERTHYR DYFAN ROAD, BARRY



*H4U Reference 216350*
**Suitable for a family meeting the maximum occupancy requirement**
- Two–bedroom house
- Central heating
- Double-glazing
- Gardens

**Rent £106.63** per week including water charges

## MONMOUTH WAY, BARRY

*H4U Reference 217067*
**Suitable for a single person or couple over 55 with medical needs– no pets**
- One-bedroom flat
- Ground floor (one step to communal area)
- Central heating
- Double-glazing
- Water meter/alarm

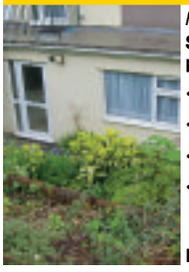
**Rent £84.73** per week including alarm charges

## MONMOUTH WAY, BARRY

*H4U Reference 217081*
**Suitable for a single person or couple over 55 – no pets**
- One-bedroom flat
- First floor
- Central heating
- Double-glazing
- Community alarm

**Rent £95.18** per week including water and alarm charges

## POWIS VIEW, BARRY



*H4U Reference 1008464*
**Suitable for a single person or couple**
- One–bedroom flat
- Ground floor
- Central heating
- Double-glazing

**Rent £85.83** per week

## WILLIAMS CRESCENT, BARRY

*H4U Reference 228303*
**Suitable for a family meeting the maximum occupancy requirement**
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- Ground floor (steps up to)
- Central heating
- Double-glazing
- Communal gardens
- Water meter

**Rent £77.96** per week

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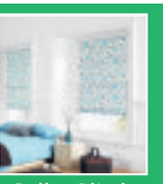
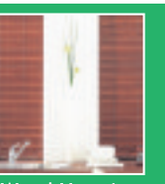

Roller Blind

Aluminium Venetian


Wood Venetian

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## Birthdays

Happy 21st Birthday
**JACK AUSTIN**

21st September
Lots of love,
Aunty Mave, Uncle Fred, Lorraine, Vernon & all the St Athan gang xxxx
21 21 21 21 21

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**CHARLOTTE MILLS**
Happy **21st** Birthday
September 18

With all our love, Mum, Lucy, Grandma and Grandad. XXX

## Weddings

*Mike & Karen Jones*
would like to congratulate their daughter **Danielle** who married **Mr Dean Richards** at St Audries Park, Somerset on September 13.

A fabulous wedding *with many surprises!*

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*Happy Birthday*
**Rosalie Fido**
*80 years young*
17th September 2015
A wonderful mum, mother-in-law, nan, sister and aunty
*Lots of love from all the family*

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*Look who's 16!*
**Jacob Chick**

*Happy Birthday*
*Enjoy Your Day*
*Lots of love Mum, Nan, Bamp, Emma, Lloyd, Chris, Glyn, Iestyn xxxxx*

## Family Notices

### VARLEY
**Gillian *(née Thomas)***

**Peacefully on September 10 at her home in Llanmaes, Gill, beloved wife, mother and grandmother.**

Resting at the Private Funeral Home of W James & Sons, Fonmon. Funeral Tuesday, September 22, service 2pm at Penllyne Church, Nr. Cowbridge, followed by interment in Llanmaes Churchyard. Flowers may be sent to the Funeral Home.

### THOMAS
**William Gwyn (WG)**

**Suddenly on September 8 at UHW Cardiff, Gwyn of St. Athan, beloved husband of Cath and the late Lil. Dearly loved father of Sian, Jimmy and Gareth, father–in-law of Marcus and Kay, stepfather of Sarah and Mike. Devoted grandfather of Owen, Elen, Caitlin and Dylan.**

Resting at the Private Funeral Home of W James & Sons, Fonmon. Funeral Friday, September 18, service 10am at St. Athan Church, followed by cremation at Coychurch Crematorium, Bridgend at 11.30am.

No flowers by request, donations in lieu, if desired, to HDU, UHW; please make cheques payable to W. James & Sons Charity Account, c/o J James, 11 Fonmon Road, Rhoose, Vale of Glamorgan CF62 3DZ.

### SANDERS
**Craig Philip**

***"Our Son, Our Love, Our Everything"***

**Suddenly on 4th September in Shrewsbury, our much loved son Craig, aged 44 years, passed away. Best friend and brother of Tommy, Philip and the late Geraint.**

***He will be sadly missed by all family and friends in Barry & Shrewsbury.***

Craig will be resting at home until his funeral service at St Cadocs Old Village Church, Cadoxton, Barry on Wednesday, 23rd September at 10.45am, where we will embrace his life through colour and love, followed by cremation at Cardiff & Glamorgan Crematorium.

Flowers may be sent to Lyndsay Ellis @ The Vale Funeral Service, 181 Court Road, Barry.

### WHITE
**William**

**Peacefully, on September 13 at his home in Llanbethery, William (Bill) in his 98th year, formerly of St Athan. Beloved husband of the late Moira and Ivy, dearly loved father of Les and father-in-law of Avril, much loved grandfather of Les, Cheryl, Mark and Carl, great grandfather of Bethan, Aden, Callum and Ethan.**

Resting at the Private Funeral Home of W James & Sons, Fonmon. Funeral Thursday, September 24, service and interment in Flemingston Church at 2pm. Flowers may be sent to the Funeral Home.

### REYNISH
**Richard**

**Suddenly, on September 1 in Bolton, Richard, formerly of St Athan, a dearly loved son, brother and uncle.**

Resting at the Private Funeral Home of W James & Sons, Fonmon. Funeral Friday, September 25, service and cremation 1.45pm at Coychurch Crematorium, Bridgend. No flowers by request, donations in lieu, if desired, to Emmaus c/o J James, 11 Fonmon Road, Rhoose, Vale of Glamorgan CF62 3DZ.

### WALLIS
**Nona**

**On the 4th September, peacefully at Hunter's Care Home, Cirencester, aged 90 years, formerly of Llantwit Major for 24 years until 2011. Much loved wife of the late Peter Wallis and mother, grandmother and great grandmother to her large family.**

Funeral service at Cheltenham crematorium on Monday, 21st September at 1pm.

### CHARD
**Ronald**

**Peacefully on September 8 at the Manor House, St. Hilary, Ronald of Aberthin, Cowbridge, beloved husband of the late Vera.**

Resting at the Private Funeral Home of W James & Sons, Fonmon. Funeral Monday, September 21, service and cremation 1.15pm at Coychurch Crematorium Bridgend. No flowers by request.

## Thank You

**THANK YOU**

Many thanks to family and friends who helped me raise in excess of £800 for the Noah's Ark Children's hospital appeal.

Myself, and many others, took part in the 3 or 10 kilometre family fun walk around Cardiff Bay on Sunday, 13th September. Also, a special mention to Carol & Andy of Symposium Print Limited, for donating my lovely banner.

Lots of love, Hannah Coombes

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**Thank You**

I would like to thank my family and friends for a fab night at The Star Inn in Wick on the occasion of my birthday, and for the many gifts and flowers.

Thank you all, Sian xxx

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# Season ends on a whimper for Cadoxton

**CADOXTON travelled to Ystrad Mynach for the final league game of the season, with all early hopes of promotion gone.**

They produced a good performance in the early part of the game. However, once again their staying power deserted them, when 12 shots were dropped across the board during the final three ends.

Howard Craven's rink had a tight tussle with the scores level throughout, but two last end defeats lost the points.

A similar match took place on John Jones' rink, but after taking a two shot lead on the 18th end, five shots were lost in the last three ends.

Don Kuhnell also had a close encounter in the early stages when four singles were scored by both sides in the first eight ends.

Two '4's against opened a gap but a '2' and '4' partly cancelled the deficit. By the 14th end there was a home advantage of five shots. A single and a '3' were added to either side, but a '5' on the 19th took away any hopes.

Roy Harding's rink struggled in the early stages and managed two singles in the opening 10 ends, to trail 11-2.

A '2' stopped the run but four more were added against to bring the score to 15-4. This signalled the start of a revival during which a '5' and two '3's were scored to reach 16-19 after the penultimate end.

Three shots for a tie were held but with his final bowl the home skip moved the jack to cut it down to just one.

*Scores: Stacey, I Robertson, G Davies, D Kuhnell 14 –26; P Swannick, H Hellyar, P Ellis, R Harding 17 –19 S Clarke, D Evans, D Brook, J Jones 20–23; L Adams, W Craven, D Jeffries, H Craven 1–21. Final score: 68 – 89.*

### CADOXTON 'A' V LLANTWIT MAJOR 'A' – CML7

**Cadoxton 'A' hosted their final game against Llantwit Major 'A' with the now accepted shortage of players.**

They will be hoping for an influx of new players, next year, to ensure the second team can continue and can produce a more competitive side to enjoy a better season next year.

They should be praised for managing to complete the season.

*Scores: G Powell, L Davies, D Fanning 9 – 35 C Williams, A Horgan, L Fowler, E Hacker; G Garland, D Tuck, R Byrne 8 – 20 G Timms, W Jochem, J Nixon, M Adams; S Clements, A Field, D Hammond 11 – 35 J Ball, P Brown, R Gray, K Alexander; R Cole, J Smart, G Solomon, A Carpenter 16 – 26 M Harmon, J O'Brien, P Twomey, H Merchant. Final score: 44 - 116.*

**Two light-hearted fixtures were played, bringing the season to a close.**

The first one was a friendly against Bridgwater, who held their centenary year at the same time as Cadoxton, in 2008.

This resulted in a game played every year since to celebrate the occasion. Seven rinks took part, made up with men and ladies. The game was played on a lovely afternoon and ended as an honourable draw.

The friendship and pleasant ambience built during the years was present in the after-match occasion in the clubhouse. Arrangements for next year's visit to Somerset have already been made together with a return in two years time.

The second game was the annual fixture against the ladies, with five shots start on each rink. The outcome of this was also played on a nice afternoon, with the men's side being the successful team.

### FINALS DAYS

**On Saturday there were five finals contested.**

The first of which was played in the morning between Paul Swannick and Steve Clarke for the Two Bowl Trophy. This was a tightly contested encounter with neither player able to take a commanding initiative.

Steve held the lead for most of the game although he was never more than three shots in front. After 13 ends Steve held a three shot advantage, but Paul came back to win the next three ends to take the lead for the first time, with two remaining ends. The win went to Steve after two final singles.

The afternoon session started with the triples and pairs. The pairs had youngster Ewan Heppenstall and John Jones in opposition with Phil Ellis and Roy Harding, who was playing in his first of three finals.

It turned out a fairly one sided game, with the latter team scoring regularly to build up a comprehensive win.

The triples was a much closer game, the teams being Ian Heppenstall, Paul Swannick, and Gordon Davies with opponents Dave Fanning, Les Adams and Derrick Jeffries.

By the halfway stage, Derrick Jeffries' three held a one shot advantage. However during the following six ends this had advanced to five shots. Gordon Davies attempted to make a comeback in the final three ends, but managed just singles.

The championship brought Steve Clarke back onto the green for the second appearance to play against Don Kuhnell. He took an early advantage with a 4-2 lead.

Two singles brought the game level. This was followed with a '2' each to still remain level. After a single for Steve, the next three ends went in Don's favour, to open up a five shot lead.

Once again Steve fought back with six shots against one to draw level once more. Nevertheless the more experienced Don, took over, and scored a '4' and '3' to leave just a single to win on the final end.

Roy Harding then appeared in the Jack Hartman trophy, his second final of the day, against Dennis Hammond, who did not let Roy have it all his own way.

The scores were level on 4', 6', and '8' before a single gave Dennis the lead. However two '3's and two '2's gave Roy an advantage, and although another revival of seven shots during four ends reduced the advantage to just two, singles on the last two ends brought success to Roy

On Sunday afternoon the final two competitions took place.

Les Adams and Dave Fanning, who were winning partners in the triples, met each other in the novices trophy. It was a one-sided affair with Les showing his supremacy by winning the opening six ends to lead 10-0.

Dave then opened his score with a single either side of a '3' to trail 13-2. After losing two more ends, Les regained his domination by succeeding in the next four ends, and so did not need to complete the final two ends.

The handicap brought together two players for their third final appearance this year. Roy Harding, already had two wins under his belt, while Steve Clarke had one win and a defeat.

Steve Harding, with a '2' handicap, took the early dominance, with six shots in three ends. Roy was not playing as well as normal and the tiredness was creeping in, playing his third hard game of the weekend.

However this did not deter from the excellent play from Steve who powered away with some superb bowls to continue opening a larger gap throughout, to win meticulously.

**DK**

# Finals day at Rhoose BC

**RHOOSE Bowling Club's season came to an end with the club's final competition on Sunday.**

This was the club triples which was initially played over two matches of 10 ends. This resulted in a final between Tony Lages, Les Parsons and Brenda Langford and Mike White, Ray Behrens and Anita Shears.

Tony's team built up a steady lead with the match ending on the ninth end because Mike's team were unable to catch up.

The club had held their finals day on Saturday, September 5. Luckily a fine day saw seven hours of competitive bowls. The men's four bowl singles saw Colin Ashdown beat Darren Parsons by a slim margin.

In the two bowl men's singles the match was all square after the allotted number of ends. An extra end had to be played and Hugh Jupp succeeded in beating Les Parsons Junior.

The men's pairs competition was won by brothers Tony and Geoff Lages who beat Ray Behrens and Lyn Willmott. In the ladies' four bowls singles Rita Craig secured a convincing win over Jo Hopkins.

Sue Dance had earlier beaten Rita, not allowing her to score a single shot in the two bowl singles. In the ladies' pairs Sue and Rita joined up to win a closely contested match against Shirley Slee and Mo Dutton. The mixed pairs winners were Tony Lages and Mary Thomas.

The remaining competition the two bowl open pairs competition saw the Lages brothers achieve a successful result.

The Finals Day concluded with a barbecue for the 35 members present. Thanks were expressed to the 'barbecue chef' Charles Dance and the lady members who helped put the meal together.

**JH**

# Barry Kickboxing Club shines in Pontypool

**BARRY Kickboxing Club recently took six of its fighters to fight on a kickboxing fight night at Pontypool Sports & Social Club.**

First up was novice fighter Riley Harourt, who had a brilliant first fight and won, having only been training for three months!

Next up was his cousin CJ Harcourt who, as a novice fighter, did really well and also won his fight.

In the next fight of the night Jackson Griffiths did really well but lost on points. Then Dylan Evans took first place in the intermediate section, before Marcus Evans was defeated on points in the under-13 section.

Last to fight was Cali O'Keefe, who fought well in the black belt section, losing to a more advanced fighter.

Jason Griffiths, instructor of the club, was very pleased with his fighters and is looking forward to the next competition.

*Pictured above, from left to right, are Cali O'Keefe, Marcus Evans, Dylan Evans, Jackson Griffiths, CJ Harcourt and Riley Harcourt.*

Anyone interested in finding out more about BKC Kickboxing can find us at the YMCA Hub, Gladstone Road, Barry every Tuesday from 6pm.

**JG**

# A weakened Kenfig Seconds suffer defeat

*Richard Underhill in action. PICTURE BY JOHN HYDE*

**KENFIG HILL seconds travelled to Pandy Park to meet Tondu seconds with only 14 players on Saturday.**

The Mules competed well for the majority of the game, with the ever-sprightly Richard Underhill to the fore, but eventually the extra player took it's toll and mistakes crept into their game.

*Tondu then capitalised and were eventually worthy winners 22-12.*

**DD**

# Bridge results

**RESULTS for the Vale of Glamorgan bridge club for September 14:**

1st Mike Best & David Birt 65.48%, 2nd Glenda Roberts & Sara Bartlett 58.93%, 3rd = Barbara Easterbrook & Margaret Bancroft 58.33% and Elaine &Alan Robins 58.33%.

**LE**

# *Murch end anniversary with club competitions*

*There were trophies aplenty on offer at Murch!*

**MURCH bowling club, Dinas Powys, rounded off their 25th anniversary celebrations with club competitions on September 4/5, excellently organised by competition secretaries Sheila and Derek Blainey.**

The weather on Friday was perfect for playing bowls and the ladies pairs was won by Ann Croom and Cynthia Tranter in a close game against Liz Sandercott and Eileen Carryer.

Also played was a new singles competition, the novice shield; this is for any member who has not won the club championship singles.

The winner was Ian Robinson against David Letts and, on Saturday, the ladies winner was Pauline Goode against Pat Ayers. Both games were fiercely competitive. Ian Robinson also won the men's pairs with David Letts.

The mixed pairs was won by Liz Sandercott and Roger Mauchline against Eric Atkins and Cynthia Tranter.

On Saturday the sun did disappear for a while but soon returned and matches were played in a good spirit.

The men's triples was won by Colin Garland, Mark Hughes and Roger Mauchline; the mixed two wood was won by Derek Blainey and Marilyn Clake, and the mixed triples was Sheila Blainey, Terry Phillips and Cynthia Tranter.

The ladies championship singles was won by vice-captain Eileen Carryer against Pauline Goode and the men's championship singles was won by vice-president Roger Mauchline against Mark Hughes; both matches were keenly fought.

Members have enjoyed a busy season with all the activities connected with their anniversary, and are looking forward to indoor bowls during the winter.

Best wishes go to Jackie Rosser, who usually does our reporting - Jackie is now out of hospital and we wish her a speedy return to good health.

**EC**


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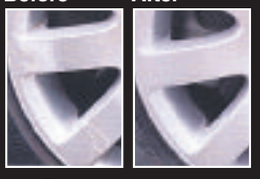

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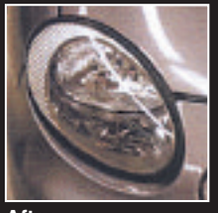

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# Junior cricketers hold presentation evening

**ON Friday, September 4, the revamped Barry Athletic Cricket Club youth section held their presentation evening that was attended by over 70 children and parents in what was a fun filled night, compered by club secretary Mark Rees.**

The main focus of the evening was built around some of the events and activities the section had been involved in throughout the season.

On June 20, the club were asked to be guard of honour at the T/20 Blast game between Glamorgan and Sussex.

A family fun night was held and attended by over 100 children and parents on July 17, but the main focus of the night was the sponsored walk that the section did on Sunday, August 16, from the Athletic Ground, Barry Island, to the SSE SWALEC Stadium in Cardiff, a walk they raised nearly £500 for the youth section.

A special award went to Wesley Baker as assistant coach of the year for all his hard work.

Junior sessions have been very well attended on a Tuesday night with many parents staying to watch the enthusiasm and joy on the children's faces in the sessions.

With the summer sessions now finished, the section will be doing a bag packing day on Saturday, November 21, with winter indoor training starting in January at the Colcot Sports Hall on Sunday afternoons from 2pm to 3pm.

The club would also like to thank Filco, ASDA, Cricket Wales, Glamorgan CCC, Barry Communities First, Waitrose, Sport Wales and the Vale Council.

A big thank you goes to Rudierhi Smith and James Kettlebrough of Glamorgan who were in attendance on the evening to make the presentations to the youth section and are pictured with the youth section on the night.

Mark Ellis, youth co-ordinator, commented: "This was a really enjoyable evening for the youngsters - at the start of the year there wasn't a youth section but with support from Mark Rees, Tom Miller, Tom Davies and Ashley Baker, we have held cricket training sessions every Tuesday evening. Cricket Wales and Glamorgan have backed us all the way and next year we hope to make further progress." **MR**

## Yvonne and Linda are pairs champions!

*Yvonne Lloyd and Linda Woodcock (pictured above) of the BP ladies bowls team who recently triumphed in the County Pairs Championship.*


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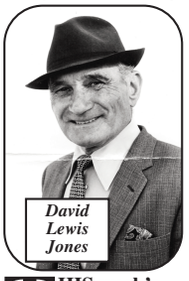
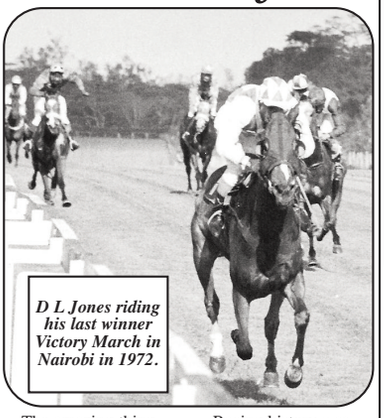
ON AND OFF THE TURF with Brian Lee

# David Lewis Jones

## *one of the most versatile steeplechase jockeys in history...*



*David Lewis Jones*



*D L Jones riding his last winner Victory March in Nairobi in 1972.*

**THIS week's subject from Brian Lee's out of print *Welsh Steeplechase Jockeys* book (Cwmnedd Press, 1993) is David Lewis Jones.**

D L Jones was one of the most versatile jockeys in the history of the turf. Born in Llanelli in 1907, he had no family racing background.

The youngest of four sons of Thomas Jones, of Copperworks Road, Llanelli, he learned a lot from his father who, as a haulier, kept shire horses. The local butcher's pony, which he used to trot around his school's playground, was almost certainly Davy's first ride.

His uncle being the Dean of Wrexham, the Jones family had hoped that Davy would follow him to enter the church as a clergyman.

Davy, however, had other ideas and at the age of 18, was apprenticed to the Cheltenham trainer Pembrokeshire-born Ben Roberts. A couple of months later, in what was only his second ride in public, Davy notched up the first of many, many winners on *Ridgeway* in an apprentices' race at Worcester.

This was in 1925, and two years later in 1927, he made his first trip abroad to India. During the coming years, Davy was to ride winners on the racecourses of India, America, South Africa, Denmark, France, Belgium, Ireland, and a few other countries besides.

Undoubtedly Davy's greatest moment during his long riding career was when he won the 1945 Cheltenham Gold Cup on Lord Stalbridge's *Red Rower*.

*Red Rower,* who had been third in 1941 and second in 1942 (there was no race in 1943 or 1944) with Danny Morgan aboard, was given a tremendous ride by Davy, who conjured up a late dash on the 11-year-old to win by three lengths from Schubert in a then record field of 16 runners.

The amazing thing about the race was that Davy had to carry three stone of dead weight to make the required 12 stone!

Freddie Fox, the famed flat-race jockey turned racing correspondent, who was not one to throw compliments round, was full of praise for the little Welshman's riding of the horse.

Davy was equally at home riding over-the-sticks as he was riding on the flat. The same season he rode Lord Stalbridge's *Red April* into third place in the Champion Hurdle.

One one occasion at Liverpool, he set a modern day record when riding in the Grand National, a hurdle race and a flat race during the same afternoon. This was in 1938, when he finished sixth in the National on *Red Knight 11*.

Davy was one of the few jockeys to have ridden both in the Grand National and the Derby.

When he won the Kenya Derby on 12-1 outsider *Verre Dorre* at the age of 63, the racing correspondent of the Kenyan Standard wrote: "Davy Jones rides with the strength and dash of a man half his age."

One memorable day at Cheltenham, he landed a brilliant hat-trick when successful on *L'Eldorado* (10-1), *Bachelor's Hall* (100-8) and *Sincerity* (25-1).

*L'Eldorado* was owned by Mrs Lewis (nee Posy Morel) of the Vale.

*Bachelor's Hall* by Mrs Lewis's father Ralph Morel, the ship owner, and *Sincerity* by Major E C Morel, Ralph Morel's brother.

In the same year, he won the 1949 Newbury Ring Cup on 100-6 outsider *Coalition*. He landed a four-timer at Hamilton and repeated the performance nine years later at Chepstow when winning on his only four rides at the meeting.

Racing history was made at Doncaster some years ago when the photo-finish camera was unable to seperate *Phantom Bridge*, ridden by Willie Nevett, and Davy's mount *Resistance*. The judge declared a dead heat so Davy was involved in the first photo-finish dead heat since the camera was introduced to British racecourses.

Davy, who had been a true ambassador for Wales in all the countries he visited, was not the only sportsman in the family. His elder brother, Harry, won the Welsh paper-weight and fly-weight championships of Wales.

Davy himself was quite a useful boxer too, and won a cup in the Stable Lads' tournament at the National Sporting Club. Davy's son Buck Jones was also a useful jockey too.

Davy was 65 when he chalked-up his last winner, but continued riding out well into his 70s.

*We go further back next time when we take a look at Fothergill Rowlands, who was one of those responsible for the revival of steeplechasing in the 1860s.*

# COWBRIDGE JUNIOR RUGBY ROUND-UP

*Cowbridge under-10s.*

**THIS Sunday saw the under-10s of Cowbridge make the short trip to take part in the Llantwit Major tournament.**

The squad was split into two teams, the Albatrosses and the Bears. First up were the Albatrosses, who came up against a very strong and physical

Rhydfelin side, and despite a valiant effort lost 6-0.

This spurred the boys into action and in their second game had a try-fest against St.Albans, and in a true team performance won 8-0, try scorers, Henry Pugh, Leo Beghini, Josh Canning and five for in-form Paddy Whitestone.

Unfortunately the other team in their pool pulled out, but the Albatrosses went out on a very high note.

The Bears were first up against Whitchurch, running out winners 4-2, with tries scored by Joe Arentsen, Sam Sheppard, Osian Bruce and James Lord.

Next was Old Penarthians, where we won 7-0, try scorers Osian (2), two from new boy Jake Davies, Harry New (2) and James Lord. We then played the Llantwit Major A team, winning 5-0, try scorers Ned Rees, Osian, Jake and another two from James.

We had won the pool and went through into a play-off with the other two group winners, Rhydfelin and Kenfig Hill, to decide the overall tournament winners.

The first match was against Rhydfelin and was a brutal game with both teams giving their all, but we narrowly lost 2-0, losing the ball too many times in the breakdown.

Kenfig Hill then beat Rhydfelin 3-0, meaning that to win the tournament, we had to beat Kenfig Hill in the final match by at least three clear tries.

The Kenfig team had been impressive all day, playing a very physical game centred around their much larger members in the squad. Our boys, having learnt from the loss to Rhydfelin, set about their task from the outset, with the forwards putting in some big tackles, stopping Kenfig gaining any momentum.

We opened the scoring, following an excellent tackle by Harry, turning the ball over and quick hands from the squad passing the ball out wide to James, who crossed the line with a fabulous angled run.

After a long passage of play, where defence was key, James scored again with a quick sprint down the line, making it 2-0 at half-time.

Kenfig came out for the second half, determined not to let the title slip away, but Harry soon dampened their spirits with a cross the pitch dash into the corner.

Our boys' tails were up now and Osian brought a close to a fabulous day of rugby with one of his trademark runs down the line, sealing a well-deserved 4-0 win for the squad to take the trophy back to Cowbridge.

Although scoring tries is essential to win, equally important is defence and the entire squad tackled and rucked their hearts out playing some great rugby.

The boys, now in the fourth year together, are playing a very attractive style of fast-paced, flowing rugby. If this is anything to go by, we have a great year ahead of us - well done to all the boys.

*Squad: Sam Sheppard, Charlie Berkley-Smith, Will Brennan, Ollie Gale, Corey Williams, Paddy Whitestone, Osian Bruce, Ned Rees, Joe Funtek, L. Thomas, Leo Beghini, Harry New, Josh Canning, Joe Davies, James Lord, James Collingridge, Jacob Robson, Henry Whitehouse, Henry Pugh, Henry Davies, George Tuckley, Ben Stephenson, Ioan Phillips, Joe Arentsen and Jake Davies.*

**AL**

**Cowbridge under-12s started their season playing their first full 15-a-side game in the capital against a very good Llandaff side.**

Unfortunately, Cowbridge were given the run around by a well organised team who used the pace they had out wide to good effect and the under-12s' first outing of the season ended in a heavy defeat.

Despite limited training time due to the holiday season Cowbridge started well with a good first set piece that resulted in the scrum gaining a nudge on the opposition.

However, Llandaff soon gained the upper hand at the breakdown, turning over far too much Cowbridge possession. This led to them being able to create a number of overlaps and clinical finishing resulted in Llandaff crossing for four first half tries, although only one was converted, so Llandaff led at the break 22-0.

Cowbridge hoped for a better showing in the second half and again started well, holding the home side for the first 10 minutes.

Sadly this didn't last and the pattern of the first half returned with Cowbridge again struggling at the breakdown, turning over too much possession and their defence becoming far to narrow.

Against tiring legs Llandaff were again able to fashion overlaps that were well finished.

The home side were able to run in another four tries in the second half with a better kicking success rate, as three out of four were converted. Llandaff ended the match comfortable winners, 48-0.

This was a disappointing performance and the under-12s will know that they will need to work harder over the next few weeks, both in training and in matches, if they are to deliver better performances and results.

*Squad: Will Harris, Ethan Francis, Ifor Rees, Lewys Robins, Rhys Ford, Finlay Ball, Will Ryan, Steffan Evans, Robbie Brown, Oliver Jones, Sebastian Johns-Powell, Rhys Pritchard, Finlay Brace, Ifor Rees, Alfie Rees, Will Ryan, Ruben Davies, Akka Guwy, James Jones, Tom Brennan, Luke Treadwell, Archie Lloyd, Sam Payne and Adam Kempson.*

**MF**

# Cowbridge darts league

**ON Tuesday, September 15, the 2014/2015 season of the Cowbridge Darts League got underway and results will be reported in next week's GEM.**

This year we have nine teams competing, hosted by seven pubs. The venues are Edmondes Arms, Cowbridge; Farmers Arms and Hare and Hounds, Aberthin; Llanharry Working Men's Club, Llanharry; Highwayman Inn, Nurston; Old Post Inn, Bonvilston and new this season the Six Bells Inn, Penmark.

Next week, Tuesday, September 22, the Farmers Arms and the Old Post Inn will host the first rounds of the fours, a four-player team knock-out competition.

*All matches start at 8.15pm and spectators are welcome. For further information e-mail Paul a t cowbridgedarts@gmail.com; up-to-date information can be found on the website: www.darts.apsn.co.uk.*

**PJT**

# TIM'S LONG TRIP PAYS OFF

**'HAVE horses, will travel' is the motto of Aberthin trainer Tim Vaughan.**

His seven-year-old bay gelding *Makethedifference* travelled to Perth in Scotland last week and, well ridden by Michael Byrne, landed the handicap hurdle race by one-and-three quarter lengths from *Dynamic Drive* who shared favouritism with the winner, who went off at odds of 7-2 after opening up a 2-1 chance.

**BRIAN LEE**

# Under-8s start new season

**LLANTWIT MAJOR AFC under-8s started their football season on Saturday in slightly unfamiliar surroundings on the fields at Barry Comprehensive school.**

Having spent the previous year playing four-a-side on astro turf, the new season saw the introduction of a fifth player in the form of a goalkeeper, larger goals and playing on grass.

Coaches Ian Godsell, Rob Kemp and Andrew Collinson were confident that their players would do well, having had a good pre-season with training and a few friendly matches against last season's under-8s.

With Llantwit split into three squads they joined the other 29 squads from around the Vale in some fantastic and closely contested matches.

All players did fantastically with the new summer signings looking like they had been playing for years. After the four matches had been played in the allotted hour the coaches had the hard task of choosing their player of the week.

This isn't necessarily the player who has scored the most goals but the player who has done well at training and shown great effort during the matches.

Two of the three awards went to debutants, with Llantwit Dragons choosing Connor Williams and Llantwit Lions choosing their goalkeeper Jake Parsons.

The award for Llantwit Saints went to Jamie Thomas, who is turning into a fantastic and dependable player.

Well done to all 27 players and hopefully we'll get the sunshine every Saturday!

**IG**

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## THE STAGE IS SET… LET BATTLE COMMENCE!

# Wales must show their ruthless side against Los Teros minnows

**BACK PAGE COMMENT**
**by Don John**

**AND SO IT BEGINS…the eighth Rugby World Cup 2015… and all eyes will turn to the Millennium Stadium, Cardiff at 2.30pm this Sunday, September 20, as Wales launch their opening bid against Uruguay for the coveted Webb Ellis trophy in Pool A – dubbed the 'group of death'.**

The second smallest nation in south America, with a population slightly larger than Wales, is more noted for its prowess with the round ball, having twice won the FIFA World Cup – but Los Teros ('Southern Lapwing') have previously managed to qualify for only two Rugby World Cups out of the seven held since the inaugural tournament won by the All Blacks in New Zealand in 1987.

Notwithstanding the loss of several key Welsh players through injury, the gulf between the two sides should mean that Wales will have too much in their armoury for the amateur minnows, before moving on to a far more severe test against arch rivals and hosts England at Twickenham just six days later (September 26).

Of course, it is not quite as simple as that – and after the recent sobering experience against Six Nations strugglers Italy at the same ground, a reshaped Welsh team cannot afford to take even the lowliest opposition lightly in a global knockout competition where anything can happen and every single hard-won (or lost) point could prove critical.

They will be fully aware that a win, though essential in Sunday's opening clash, may well be not enough if further progress as one of the two top teams in this toughest of Rugby World Cup pools eventually comes down to points difference.

It will call for a clinical ruthlessness in dispatching lesser opposition that may come naturally to the southern hemisphere giants, but which Wales have yet to show is ingrained in their own rugby psyche.

Apart from England, ranked fourth in the world, they will also have to face in-form Australia (ranked second) and dangerous outsiders Fiji, who are steadily transferring their famed sevens expertise to the 15-man game – and, if not tightly restrained, have proved more than capable of upsetting the Welsh applecart in the past (mention of France 2007 can still bring a shudder!).

Certainly, the wave of optimism over Welsh prospects before the disappointing autumn 'warm-ups' that began in August has become distinctly more circumspect as the casualty list has mounted, with two more key world class men, Welsh player of the year, scrum half Rhys Webb, and kicking points machine Leigh Halfpenny following first choice centre Jonathan Davies in being cruelly ruled out of the tournament by injury. Halfpenny's replacement, winger Eli Walker, has also been ruled out of the tournament, his place going to back-rower Ross Moriarty.

The new mood of realism, however, is no bad thing and should never be mistaken for pessimism, for the spirit and talent in this Welsh camp is such that they are fully capable of proving doubters in the national media wrong and overcoming the setbacks – to mount a powerful World Cup challenge of the kind that took the last tournament by storm Down Under in 2011.

Morale has been boosted by the imminent return of two more key players to the front-line from injury – tight head prop Samson Lee and full back Liam Williams – though much will depend on how quickly they can demonstrate full match fitness after their enforced lengthy lay-offs on the sidelines.

Head coach Warren Gatland gambled on the pair doing this successfully and quickly regaining top form by naming them in his 31-man squad, and Sunday's opening game could provide the ideal opportunity to put this to the test.

*The stage is set. Come on, Wales!*

# Long trip doesn't pay off for Cowbridge RFC

**COWBRIDGE first XV travelled north to Tylorstown last Saturday and found the going tough but battled to the end, losing 43-20.**

Tylorstown were on the scoresheet after only three minutes; following some good handling and support play their wily No 6 crashed over for a try that their scrum half converted.

Cowbridge bounced back following a good chip upfield by outside half Alex Guard; a ruck was formed, the ball spun right, centre Rhys Griffin drew his man and released wing Freddie Harries, who beat three men to cross the line for an unconverted try.

Tylorstown set up a number of attacks and twice in as many minutes, full back Ben Wright stopped near certain tries, the second time aided by Harries.

On 17 minutes, Tylorstown secured a penalty from their livewire scrum-half. Just before the midpoint Tylorstown drove their prop over for a try and despite more great defence from hooker Connor Boys and flanker Johnny Graham, their second row got their third.

On 29 minutes, full back Chris Roberts-Waters saw a penalty drift wide but two minutes later he made no mistake. Tylorstown then put over their second penalty and in injury time their full back crossed for a converted try bringing the half-time score to 32-8.

Into the second half, and Johnny Graham was sin binned on 10 minutes for being on the wrong side of a ruck. Tylorstown put that penalty over and another one three minutes later.

Cowbridge continued to defend valiantly but on 25 minutes from a quick tap penalty, their outside half dived over.

Showing their mettle, Cowbridge continued to move the ball and on 30 minutes, from a scrum, the ball moved right and hard-working scrum-half and captain Richie Howson dived over for a converted try.

Right on time, a great run from centre Will Williams brought play to the Tylorstown line; as the ball again moved right, centre Griffin found a gap to cross the line. Unfortunately, Roberts-Walters' conversion was charged down for a final score of 43-20.

Tylorstown looked a decent team with big forwards and some strong runners behind. Cowbridge had one or two defensive lapses and some handling errors but what will have pleased the coaches is the way they finished.

**The youth had a good win against Pencoed, who pushed them all the way in the first round of the Welsh Cup.**

Pencoed were strong up front, particularly in the back row. Cowbridge had chances, with outside half Ashford Thomas the playmaker, but they weren't finished off.

The first score came from broken play when full back Lloyd James, who beat two men, scored under the posts, and Ashford Thomas converted.

In the second half flanker Joe Davies got the ball on halfway, outstripped the defence and then released Lloyd James for his second try, with Thomas adding the extras.

Cowbridge were forced into their 22 for most of the last 10 minutes before clearing their lines and securing a penalty that Thomas put over to give a final score of 17-0.

This Saturday, both teams are at home - the first XV face Caerau Ely while the youth entertain Cardiff Met. Kick-offs are at 2.30pm and all support would be most welcome.

*Congratulations go to club stalwart Ed Pryer following his success in the final of the bowls pairs competition, and good luck to Wales in the World Cup!*

**Finally there was sad news on Tuesday of last week that WG Thomas had passed away.**

WG made a huge contribution to the club. His near 60-year association saw him as captain of the club, chairman not only of the club but also the athletic club, fixture secretary and life member. He will be sorely missed.

Gwyn's funeral takes place this Friday, September 18, at 10am at St Athan Church, 11.30am at Bridgend Crematorium thereafter back at the clubhouse; our thoughts go to his wife Cath and children James, Gareth and Sian.

**RV/RK**

# *COWBRIDGE TOWN REDS IMPRESS*

**ON a wet and windy September morning, the Reds welcomed Holton Road to Cowbridge for their third league fixture of the new season.**

The Reds started strongly with Finlay Ball putting the Reds into the lead in the first minute. A couple of near misses from Ruben Davies and Tom Collingridge early on showed that the Reds meant business.

Holton Road were forced to defend during a period of sustained pressure but finally succumbed to a back-post volley from Akka Guwy, which found the back of the net following a fine delivery by Benji Mulcahy.

To their credit, Holton Road defended resolutely with their goalkeeper making a number of excellent saves, and mounted their own attacks whenever possible. These were dealt with ably by the Reds' defence and keeper Aron Kempson.

Late in the first half saw another assault on the visitors' goal from a series of corners, taken by Steffan Evans on the right and Finlay from the left, which led to a number of goalmouth scrambles that kept the crowd entertained but ultimately the home side were unable to capitalize.

However, Holton Road were unable to hold out for long and a well-taken left footed finish by Harry Treharne brought the Reds' third goal of the morning quickly followed by a fourth, scored by Akka shortly before the referee blew for half-time.

The second half brought a change in goalkeeper with Tom McCarthy putting on the keeper's jersey.

The first goal of the second half came quickly, another from Harry assisted by Benji who scored his own minutes later, reciprocated by an assist from Harry.

A Holton Road break led to a shot on target which was well saved by Tom. Harry scored again for his hat-trick and a well-taken corner saw the Reds' eighth goal finished calmly by a half-volley from Finlay.

Ifor Rees then found the back of the net scoring from yet another corner and shortly afterwards Finlay was able to claim his hat-trick.

A quickly taken throw-in led to Sam Davies scoring his first goal of the season, a just reward for all his battling work in attack.

The last few minutes brought the final goal of the morning, fittingly finished off by captain for the day, Ruben Davies.

The final whistle brought a well deserved 12-0 win for the Reds from an all-round team effort. Credit is due to Holton Road for never giving up and for trying to play football throughout.

The team and parents would like to thank Otto for his refereeing on the day, which made for an entertaining and free-flowing game.

*Squad: Ifor Rees, Harry Treharne, Edward Thomas, Benji Mulcahy, Tom McCarthy, Toby Mallett, Aron Kempson, Aaron Holcombe, Will Harris, Rhys Hardman, Akka Guwy, Steffan Evans, Sam Davies, Ruben Davies, Tom Collingridge, Finlay Ball.*

**SE**

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